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Tuesday, October 1, 2013

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Redemption

The Leafs and Habs hope to begin making amends for bittersweet seasons in Tuesday's opening tilt between the bitter rivals

MORE NHL COVERAGE, PAGES 35-38

GETTY IMAGES; PHOTO ILLUSTRATION BY DAVID VAN DYKE/METRO

DNA evidence links women's deaths: Police

Same man charged in Cabbagetown stabbing and case of dismembered body

PAGE 3

Heed these words, Breaking Bad fans

There are 10 good lessons to take away from the show. Here's one for you: Keep your RV in running order

PAGE 22

'Good days are coming'

MLSE officially rolls out the welcome mat for Drake, the Raptors' new 'global ambassador'

PAGE 4

TORONTO: Are we analog players in a digital world?

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TORONTO'S VitalSigns® 2013 Report

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Accused's DNA connected two victims, police say

Adonay Zekarias.
Man charged with two counts of first-degree murder in deaths of Eritrean-born Toronto women

JESSICA SMITH
jessica.smith@metronews.ca

Looking for help

- Det. Sgt. Gary Giroux is calling on anyone, particularly members of the Eritrean community, to come forward with any information they may have about a possible motive for the murder of Nighisti Semret.

Det. Sgt. Pauline Gray speaks at a press conference on Monday, announcing two first-degree murder charges against 42-year-old Adonay Zekarias, seen pictured on the screen. JESSICA SMITH/METRO

According to a Toronto police theory that hasn't been proven in court, Rigat Essag Ghirmay was killed and dismembered because she realized the man she lived with had killed another woman.

On Monday, Toronto police laid two first-degree murder charges against Adonay Zekarias, 42. Police allege he knew both victims — Ghirmay and Nighisti Semret — through the Eritrean community.

According to police, the two cases were linked by DNA: When police tested the DNA of a personal item belonging to Ghirmay in order to positively identify body parts that had been found, they also found a second person's DNA, which matched the blood found at Semret's murder scene.

Semret, 55, a cleaning supervisor at the Delta Chelsea Hotel, had left work in the early morning on Oct. 23, 2012, and walked home to Cabbagetown.

"It was dark and it was pouring rain that particular morning," said Det. Sgt. Gary Giroux.

Many of her movements were caught on video and the offender could be seen walking about a minute behind her. He appeared to be concealing a kitchen knife, Giroux said.

However, the killer's identity remained a mystery. On May 6, Giroux held a press conference and announced that Semret had fought back, scratching the attacker, leaving DNA under her nails, and causing the killer to cut himself on the hands and arms.

On May 24, police found human body parts in a duffle bag across town on a trail near the Humber River.

On Monday, Det. Sgt. Pauline Gray said police now believe that press conference convinced Ghirmay, 28, that Zekarias was the killer.

Ghirmay would have seen Zekarias with hand wounds in the way police described, the detectives said. Ghirmay moved out of the home she shared with Zekarias soon after that press conference and was killed shortly after.

Zekarias was charged with indignity to a body on May 26, but police did not charge him with murder until Monday because not all parts of her body had been found and her cause of death had not been determined.

Gray characterized Ghirmay as a "sort of the patron saint of lost puppies" and a "fan of the underdog." She said Ghirmay had been helping Zekarias with his studies and with trying to find work.

Rob Ford says Ryerson should reinstall Sam sign

Sam the Record Man in 2001
TORSTAR NEWS SERVICE

Many Sam the Record Man sign stakeholders agree that Ryerson University should stick to its original deal with the city, Mayor Rob Ford said Monday, after a closed-door meeting on the issue.

"Ryerson agreed that they are going to maintain the sign. Now it's location," he said. "I think we've narrowed it down to either the original 347 Yonge or Gould Street, one or the other."

Ford invited Ryerson president Sheldon Levy, heritage staff and community members — including music journalist Nicholas Jennings, musicians Jane Bunnett and Blair Packham, and Music Canada president Graham Henderson — to discuss the controversy over the neon sign in his office Monday.

Asked where he personally wants the sign to go, Ford said he is "flexible," adding that some community members suggested alternative locations during the meeting.

"You know what? The original location is fine with me. Gould Street's fine with me," he said. "Yonge and Dundas Square came up.... The general consensus was, 'Let's go with the top two, which is the original location or Gould Street.'"

Ryerson bought the Yonge Street land where the record store stood in 2008.

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Toronto Raptors global ambassador Drake speaks at a news conference in Toronto on Monday to announce that the Raptors will host the 2016 NBA All-Star Game. FRANK GUNN/THE CANADIAN PRESS

Raptors hoping Drake rebrand will make fans proud

Fancy collaboration. Both started from the bottom but, er, only one's made the top

The 2016 NBA All-Star Game is coming to Toronto and the Raptors are looking to one of the music industry's biggest stars to help revamp the franchise in time for the festivities.

The club has named Drake its "global ambassador," and the Toronto rapper will have a voice in the team's rebranding.

Tim Leiweke, president and CEO of Maple Leaf Sports and Entertainment, says he and his team are in the process of planning a major facelift that will include a new look and new colours, but not a new name. Leiweke says Drake will be heavily involved in the rebranding effort, expected to take the next two seasons.

"I'm really out here with the people, I'm in touch with what they want to see," Drake said at a news conference Monday confirming Toronto as the 2016 host. "I really just want excitement for this team."

Drake says he wants to do "everything in my power to increase the brand and just grow the franchise."

Leiweke called the announcement the beginning of a "new age" for the Raptors.

"This is a team and this is a sport that is going to rock this city going forward," he said. "Good days are coming and we couldn't be more excited."

But the Raptors have a long way to go: They haven't made the playoffs since 2008.

THE CANADIAN PRESS

Successful

Money to blow?

During the tumult of his press conference, Drake leaned over and caught the eye of MLSE CEO Tim Leiweke. Leiweke was in the midst of saying he'd already set his new partner up in an office beside his own and hired staff for him.

Later, as Drake was being shepherded through the corridors, he turned suddenly to his MLSE guide. "Do I really get an office or was that a joke?"

"Whatever you want, I'm pretty sure you'll get."

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More sex-assault charges against priest

Father Ioan Pop.
Charges include forcible confinement

Eight more charges have been laid against a Romanian priest who was arrested for sexual assault after a couple walked in on him and a woman in his Danforth Avenue church earlier this month.

Ioan Pop, 54, was arrested Sept. 11 in connection with an assault on a woman in All Saints Romanian Orthodox Church, where he was the parish priest.

On Monday, he was charged with seven more counts of sexual assault and one of forcible confinement.

Det.-Const. Teresa Curtis told a news conference that, following that arrest, seven additional complainants came forward. The new charges stem from incidents alleged to have occurred between 2005 and 2011, inside the church and at residences in Durham Region and Toronto.

The alleged victims are between 24 and 43 years old.

Police are encouraging any other possible victims and witnesses to come forward. TORSTAR NEWS SERVICE

Quoted

"Father Pop was always there for anyone who wanted to confess and strongly encouraged people to get more involved into spiritual daily life."

Magda Popescu, president of the church's Ladies' Committee

Father Ioan Pop has been charged with seven more counts of sexual assault and one count of forcible confinement after more women came forward when he was charged in early September. ALL SAINTS CHURCH WEBSITE

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Second-hand smoke in T.O. second-worst in Canada

The smoking of cigarettes in public places contributes to second-hand-smoke inhalation. THE ASSOCIATED PRESS

Toronto has one of Canada's worst rates of exposure to second-hand smoke in public places, a report released Monday revealed, as city officials debated tightening rules on lighting up in public.

Population Health in Canada's Largest Cities, published by the Canadian Partnership Against Cancer, ranked the city of Toronto second-worst when it comes to breathing in others' smoke in places like parks and bar patios.

While less than six per cent of residents of top-ranking Saskatoon are exposed to second-hand smoke in public, that percentage is 16.5 in Toronto.

Only Ottawa fared worse, at 17.8 per cent.

The report measured selected cancer risk factors in Canada's largest municipalities, such as smoking, alcohol consumption, exercise, weight and diet.

CPAC publishes an annual report on cancer prevention, treatment, patient experiences and research, using provincial and territorial data.

But this report marks the first time the organization has broken risk factors down by municipality.

"There are a lot of policies and bylaws and even planning decisions that (cities) can make that help promote a healthier lifestyle among their citizens," said Rami Rahal, CPAC's director of system performance and surveillance.

"We wanted to take a look at that dimension of risk factors and see what kind of variation we have across the country in larger cities and see what kind of opportunities there are for improving performance."

Rahal pointed to differences in cancer risk factors between otherwise similar cities as evidence of how local policies can shape health. TORSTAR NEWS SERVICE

The healthy Hammer

Hamilton's rate of exposure to second-hand smoke in a public place is comparatively low, at 10.5 per cent. Hamilton passed a bylaw in March 2011 banning smoking in public areas such as beaches, parks and playgrounds. On Monday, Toronto's board of health threw its support behind prohibiting smoking in most public places.

Editor maps the Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it up the long and winding path to the big leagues

DAVE LANGFORD
dave.langford@metronews.ca

The road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None more difficult than the path taken by Fredericton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major-league baseball, O'Ree had the same distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Boston Bruins farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum, and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book, written by Metro Halifax managing editor Philip Croucher, titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

Croucher said it was a "privilege" to talk to O'Ree more than 50 years after that groundbreaking day.

"The big thing was not just the racism he felt," Croucher said. "He also was playing basically with one eye. A lot of people forget that. Not only was he dealing with constant racist chants while he was playing, but he was also not able to physically see like he wanted to."

Croucher said O'Ree's inclusion in the book was an easy one, but it wasn't as simple making all the choices.

He said the book deals with the path to the National Hockey League and not the events that happened once they got there.

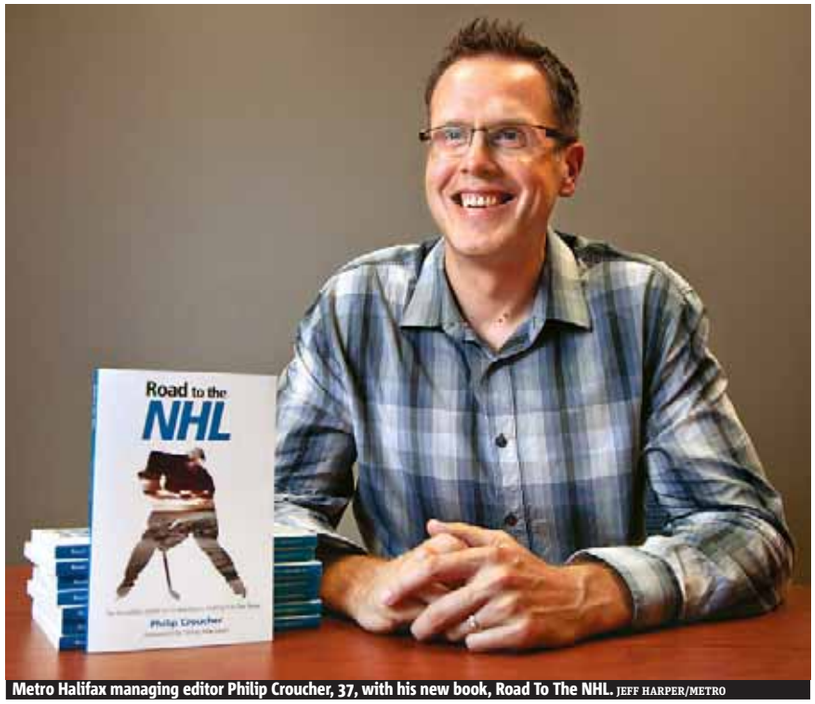
The Road to the NHL contains 25 great hockey stories. Great yarns all.

The players profiled

1 Nova Scotia. Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.

2 New Brunswick. Mike Eagles, Danny Grant, Randy Jones, Rollie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.

3 Prince Edward Island. Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.



Metro Halifax managing editor Philip Croucher, 37, with his new book, Road To The NHL. JEFF HARPER/METRO

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* Ipsos Reid's survey of 1000 married and cohabiting couples, 645 (or 65%) of whom who pay bank fees, conducted Aug 2-8 2013. [1] Eligible Canadian dollar accounts include any two of the following banking accounts with the monthly fees waived: RBC Day to Day Banking®, RBC Enhanced Savings® and RBC Day to Day Savings®. Debit transaction means a withdrawal of funds from an account and includes an assisted transaction and an electronic self-serve transaction. [2] ATM operator surcharge (also called convenience fee) charged by other ATM operators may apply and be added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee. All clients who use non-RBC ATMs may be charged a convenience fee by the other ATM operator regardless of the type of account they hold with us. [3] Starting September 1, 2013 the RBC VIP Banking account will include unlimited Interac e-Transfers. [4] The amount of the annual fee rebate depends on which banking package and eligible credit card you hold. The annual fee rebate applies every year as long as you remain an eligible account owner. Other conditions and restrictions apply. † Limited time offer. To get $300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions. ®/TM Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

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Thawing relations. Baird warns United Nations of Iranian 'charm offensive'

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm offensives.

Baird evoked the memory of the failed appeasement of Nazi Germany in the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking Iran at its word.

He also spoke of the need to end the human-rights violations against girls and women, describing forced marriage as rape, and calling several times for the "human family" to unite to end violence against women.

On Iran, Baird was addressing an apparent thaw in the three decades of strained relations between the United States and Iran after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

Iranian President Hassan Rouhani THE ASSOCIATED PRESS FILE

It was the first conversation between the leaders of the two countries since the 1979 siege of the U.S. embassy in Tehran.

THE CANADIAN PRESS

Saudi Arabia. Doctor rejects claim that driving affects woman's ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

In comments aired over the weekend by the privately owned Rotana channel, gynecologist Mohammed Baknah says scientific studies have not proven that driving has adverse effects on women's reproductive health.

He was addressing remarks by Sheik Saleh Saad el-Leheidan, who said that women who drive suffer from having the pelvis forced upward. His remarks were published Saturday in an interview with the website el-Sabq.

Defying driving ban

- Hardline clerics have opposed a campaign scheduled for Oct. 26 calling on women to drive in defiance of a ban in the ultraconservative kingdom.

THE ASSOCIATED PRESS

Funding squabble fuels fears in Washington

'Obamacare' at core of dispute. Nation's stock market drops as fears spread over partial government shutdown

Republican unity showed unmistakable signs of fraying Monday as the U.S. Senate swatted aside the latest Tea Party-driven demand to delay the nation's health-care overhaul in exchange for averting a partial government shutdown at midnight.

Even in advance of the 54-46 party-line Senate vote, the stock market dropped as fears spread that the first shutdown in 17 years would inconvenience millions and harm the economy.

Ironically, the issue at the core of the dispute, implementation of key parts of "Obamacare," will begin Tuesday on schedule, shutdown or no.

As lawmakers squabbled, President Barack Obama urged them instead to "act responsibly and do what's right for the American people."

At the White House, he said he was willing to discuss long-term budget issues with members of Congress, and expected to soon. But, he added, "the only way to do that is for everybody to sit down in good faith without threatening to harm women and veterans and children with a government shutdown."

Obama's Democratic allies prevailed easily in the Senate on a vote to reject the latest House-passed bill, a measure that would delay the new health-care law for a year and repeal a tax on medical devices that helps pay for the program.

Anticipating their legislation would be rejected, House Republican leaders met in Speaker John Boehner's office to plan their next move.

Officials said that even though time was running short, they were expecting at least one more attempt to squeeze a concession from the White House, likely a demand to force a one-year delay in the requirement for individuals to purchase health coverage or face financial penalties.

Any shutdown would cause an uneven impact across the face of government, inconveniencing millions.

THE ASSOCIATED PRESS

The morning sun illuminates the U.S. Capitol in Washington on Monday, as the government teetered on the brink of a partial shutdown unless Congress could reach an agreement on funding. The core of the dispute is the nation's health-care overhaul. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

More interns on the way?

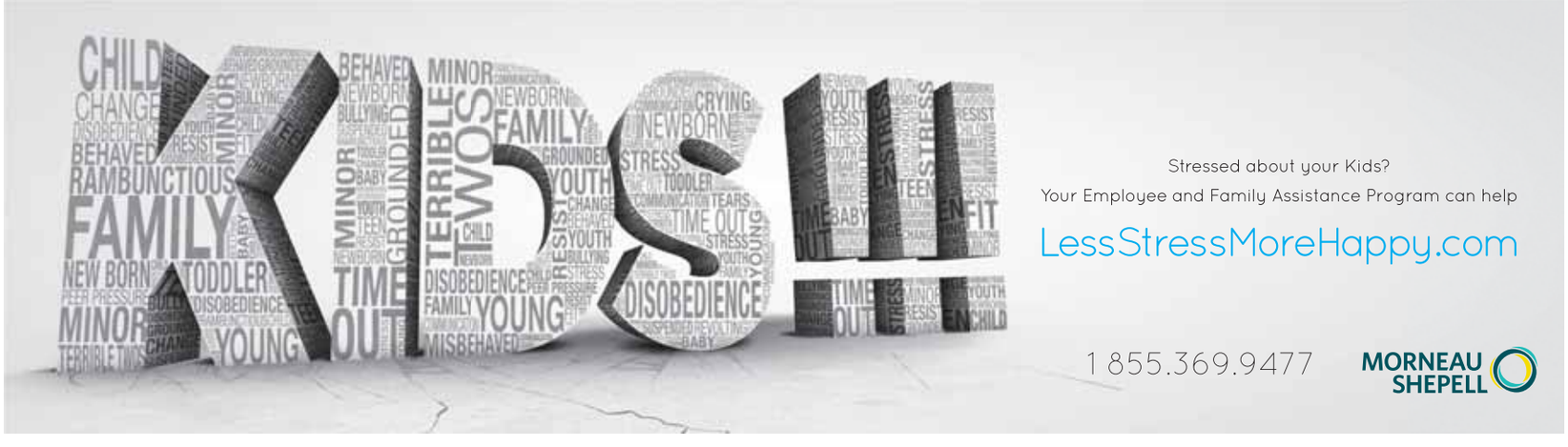
'Essential' workers to stay on job

In 1995, with American lawmakers having failed to agree on a budget, the government shut down. As a result, President Bill Clinton found himself surrounded by interns in the White House, as regular staff had to stay home. That's how Clinton met Monica Lewinsky.

Now, 18 years later, the U.S. government faces another shutdown. It needs a loan to keep paying its bills, but Republicans will only agree to letting it borrow more money if Democrats agree to reduce Obamacare, President Obama's national health-care system.

A shutdown means employees will be furloughed — forced to stay home without pay — and only essential services will be performed.

ELISABETH BRAW/METRO WORLD



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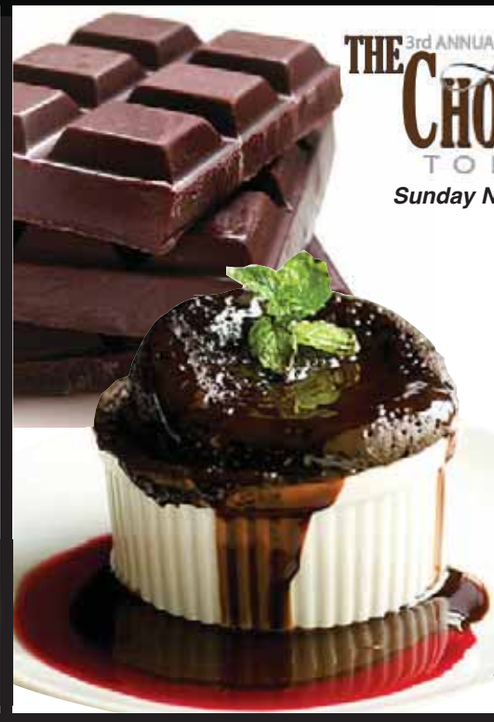

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More DNA tests ordered in Kercher case

Diya Lumumba was falsely accused by Amanda Knox. THE ASSOCIATED PRESS

Italy. Trial in killing of British student drags on; in acquittal of Amanda Knox, court criticized prosecution's case

The Florence appellate court hearing U.S. student Amanda Knox's third trial in her roommate's murder agreed Monday to run additional DNA tests on the presumed weapon, but rejected more than a dozen other defence requests for new testimony or evidence.

On the trial's opening day, presiding Judge Alessandro Nencini said the court agreed to test one DNA trace not previously examined on the knife that prosecutors allege killed British student Meredith Kercher; the trace had previously been deemed too small to test.

Italy's highest court in March ordered a new trial for Knox and her Italian co-defendant, ex-boyfriend Raffaele Sollecito, after having overturned their prior acquittals in Kercher's killing.

THE ASSOCIATED PRESS

Closure sought

"It has been the most difficult six years of our lives and we want to be able to seek closure."

In a letter to court, the Kercher family urged the panel to allow testing

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Human rights

NSA leaker Snowden up for top EU prize

U.S. intelligence leaker Edward Snowden is among three finalists for the European Union's top human-rights prize. European lawmakers narrowed down the list of nominees for the award to Snowden, Pakistani schoolgirl Malala Yousafzai and imprisoned dissidents from Belarus. THE ASSOCIATED PRESS

Investigation

N.Y.C. police check into report of parachutists

New York City police are looking for two unidentified people who may have parachuted onto a Manhattan street. NYPD Commissioner Raymond Kelly said private security guards reported seeing parachutists land in front of the Goldman Sachs headquarters at about 3 a.m. Monday.

THE ASSOCIATED PRESS

Mark Cuban's day in court

The Dallas Mavericks' outspoken owner, Mark Cuban, will be seeing a different kind of court this week. Cuban is expected to testify at an insider-trading trial and experts say the verdict could come down to whether jurors find the billionaire and regular on the reality show Shark Tank to be smug. Cuban is accused of using insider information to dump his stock in a small Internet-search company in 2004 before the shares fell. He avoided $750,000 in losses. STEWART F. HOUSE/GETTY IMAGES

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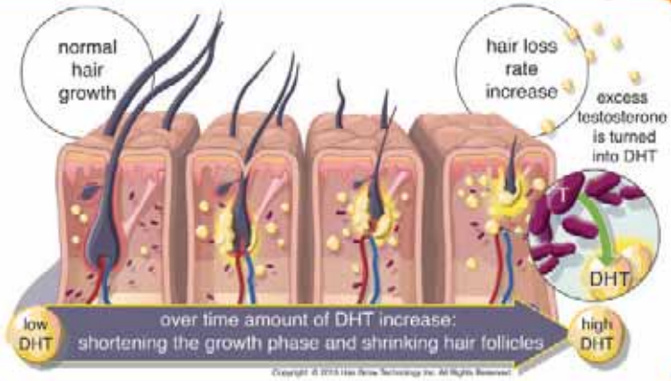
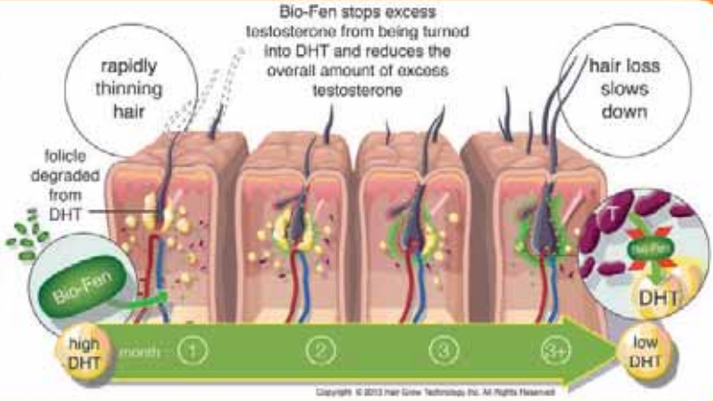

normal hair growth
hair loss rate increase
excess testosterone is turned into DHT
DHT
low DHT
over time amount of DHT increase:
shortening the growth phase and shrinking hair follicles
high DHT

How does Bio-Fen® PLUS work?

The fenugreek seed extract in both formulas reduces excess blood lipid levels. Fenugreek contains an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average).



How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. Once you stop completely your hair growth pattern will slowly go back to the point where you started.

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- ***Reduce elevated blood lipid levels / hyperlipidemia.***

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- ***Reduce elevated blood lipid levels/hyperlipidemia***
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Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on **December 31, 2013.** Retailers must submit all coupons with a copy of the receipt for reimbursement to Hair Grow Technology with 30 days after the expiration date.

Toronto Vital Signs healthy, but no time to get cocky

Growth. Population boost good — if we change how city's run

JESSICA SMITH
jessica.smith@metronews.ca

The Toronto Community Foundation's annual statistical checkup of Toronto has found that 2012 was a healthy year, but there are worrying signs about the future ahead.

TCF chair John B. MacIntyre and president Rahul Bhardwaj are releasing Toronto's Vital Signs report on Tuesday.

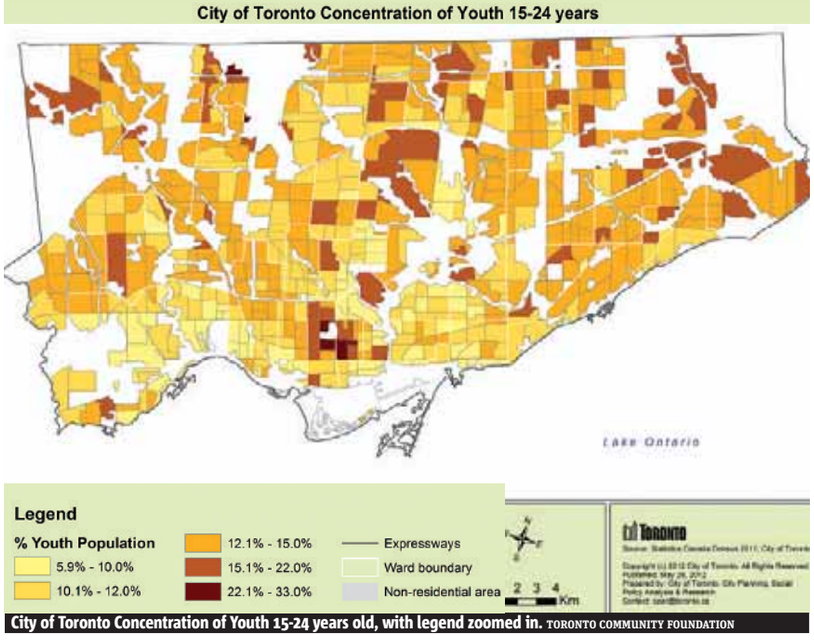
MacIntyre and Bhardwaj wrote in a message to the public that despite the tumultuous year of "political shenanigans, transit games and massive flooding," the city has a lot going for it.

For one, we're growing. In 2012, Toronto surpassed Chicago to become the fourth-largest city in the continent, after Mexico City, New York and Los Angeles.

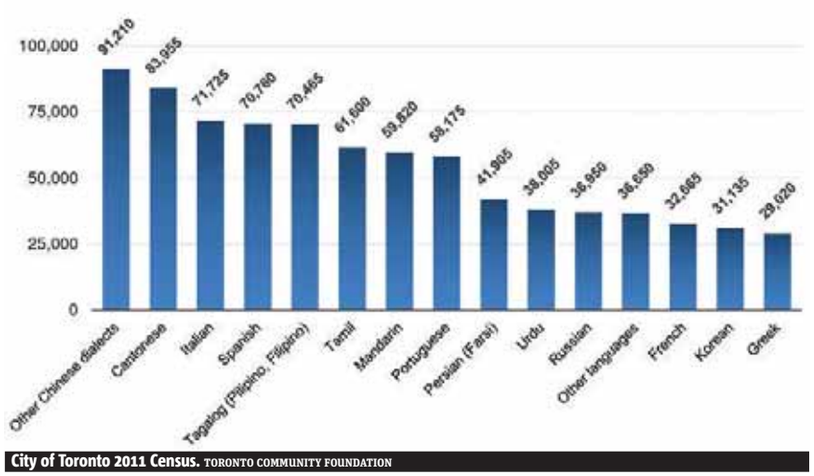
One in six immigrants to Canada over the past five years chose to settle in Toronto.

We're also heading downtown. The rate of population growth downtown tripled between 2006 and 2011, going from 4.6 per cent to 16.2 per cent, while suburban population growth slowed from 18.6 per cent to 13.7 per cent in the same time period.

However, MacIntyre and Bhardwaj warned that without changing the logic of how the city is run, the evidence shows Toronto won't have a prosperous future as it continues to grow.



City of Toronto Concentration of Youth 15-24 years old, with legend zoomed in. TORONTO COMMUNITY FOUNDATION



City of Toronto 2011 Census. TORONTO COMMUNITY FOUNDATION

10 notable signposts in Vital Signs report:

1 **Livability.** In 2012, Toronto earned much international kudos: The 2012 PricewaterhouseCoopers Cities of Opportunity study ranked T.O. third in the world; the Economist ranked Toronto the 10th most competitive city and the fourth most livable; and OPENCities ranked us third best on access and quality of life for newcomers.

2 **Green Space.** Almost all Torontonians live within 500 metres of one of Toronto's 1,600 parks, but there are neighbourhoods where a park is more than a five- or 10-minute walk.

3 **Books.** Usage of the libraries is up 17.8 per cent over the last 10 years and the last three were the busiest ever.

4 **Safety.** Toronto continues to have the lowest rate of police-reported crime among Canada's top 33 metropolitan areas. In 2012, the crime rate dropped to the lowest level since 1972. An Ipsos-Reid poll found that almost half of Torontonians feel "very comfortable" walking in their neighbourhood at night, and almost 80 per cent feel at least "somewhat" comfortable doing so.

5 **Low income.** Poverty dropped from 12.9 per cent in 2010 to 10.7 per cent in 2011, according to the Low Income Measure used by the provincial government, after a general rise since the 1990s.

6 **Poor neighbourhoods.** However, more than 1 million residents live in low- and very-low-income neighbourhoods, and middle-income neighbourhoods are declining, according to a University of Toronto study. In 1970, 96 per cent of Scarborough's neighbourhoods were "middle income" but today 83 per cent are considered "low" or "very low" income.

7 **Unemployment.** Youth (aged 15 to 24) unemployment rose to 21 per cent, up dramatically from 11.1 per cent in 2008. A TD Economics report warned of the scarring effects of chronic unemployment and underemployment of youth.

8 **Obesity.** Almost 40 per cent of boys and 30 per cent of girls in Ontario are overweight or obese and GTA schools are not meeting the province's mandated levels of physical activity for students — 20 minutes of moderate to vigorous physical activity a day. About 30 per cent of eight to 14 year olds are being driven to school, even though they live less than two kilometres away.

9 **Seniors.** Census figures show seniors make up close to 15 per cent of the Toronto population and 60- to 64-year-olds and those over 85 are the fastest-growing population segments. The TCF reports this will place an increased demand on programs and facilities when there is already a shortage of services for seniors.

10 **Housing.** Housing generally became more affordable in 2012, the report found, but the higher end became less affordable: a 1,500 square-foot, two-storey house in Toronto was $640,500. According to the Demographia International Housing Affordability Survey, Toronto ranks as "severely" unaffordable.

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TORONTO'S **VitalSigns®** 2013 Report

TORONTO COMMUNITY FOUNDATION
The Art of Wise Giving™

Are we analog players in a digital world?

Why did *The Economist* rank Toronto as fourth out of 140 cities around the world? Because Toronto is getting some of the big things right.

For six years running, the Toronto Region had the lowest rate of police-reported crime among Canada's top 33 metro areas. As a result, nearly half of Toronto's residents feel "very comfortable" walking through their neighbourhoods at night.

Toronto's creative economy is moving in the right direction with our film, television, and digital media sector contributing more than $1.2 billion to the city's economy last year.

Today, the issues we face are complex. For example, youth unemployment is impacted by access to education and jobs, as well as globalization. Food security is influenced by poverty, precarious work, and the economy. And, there's so much more. So, while community-based programs are critical in the short term, long term solutions will be found in thinking and acting like a network.

Yes, this change carries risk. But the real peril lies in staying the course. If we opt for the status quo, we risk becoming analog players in a digital world – left behind as a city of the past.

Toronto's Vital Signs Report 2013 shares good news, challenges, and innovations that point to the future. Read it and get ready to elect leaders who have the vision and thinking to ensure Toronto remains a prosperous and liveable city.

Most of us live within 500 metres of one of this city's 1,600 parks! For the third straight year, eight of the city's 11 beaches were awarded the international Blue Flag designation, and we're big recyclers: 94 percent of household blue bins and 87 percent of green bins are at the curb each week.

This is an enviable position, but Toronto is not without serious challenges. We're a divided city, with more than one million residents living in low- and very low-income neighbourhoods. Youth unemployment is alarmingly high at 20.75 percent. Toronto kids are part of an Ontario cohort with close to 40 percent of boys and almost 30 percent of girls overweight or obese.

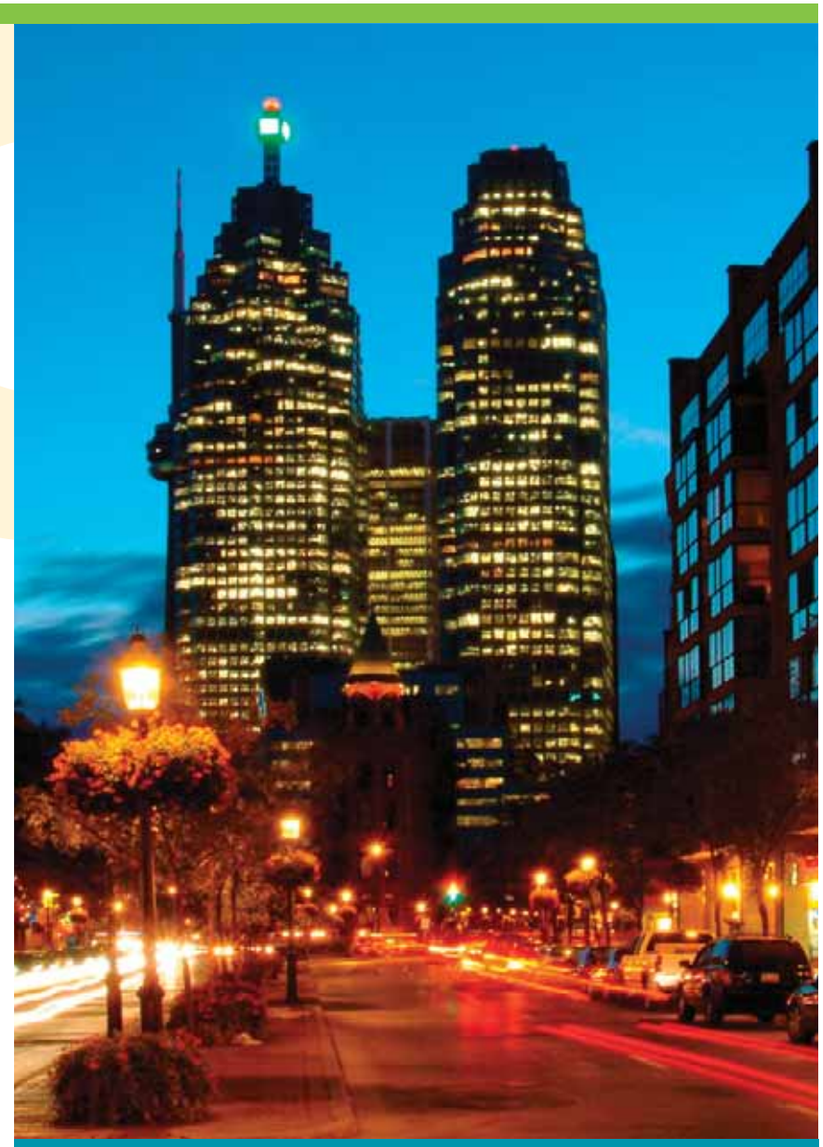
The Toronto we know and love is in danger. What do we need to do to ensure that this city continues to be among the most liveable and prosperous on the planet?

Well, the thinking that got us here simply won't get us there - to a prosperous future.

John B. MacIntyre
Chair, Board of Directors
Toronto Community Foundation

Rahul K. Bhardwaj
President & CEO
Toronto Community Foundation

Toronto's Vital Signs Report 2013 is available on the Toronto Community Foundation website: www.tcf.ca.



Toronto's Vital Signs Report

A snapshot of quality of life in Toronto

The Toronto Community Foundation partners with many researchers to produce the Toronto's Vital Signs® Report. The Report identifies progress we should be proud of and challenges that need to be addressed. It is a consolidated snapshot of the trends and issues affecting the quality of life in our city and each of the interconnected issue areas is critical to the well-being of Toronto and its residents.

What you will see in the pages following is a condensed version of the Toronto's Vital Signs® Report 2013, specially designed for this publication. For an in-depth 360 degree view, you can access the full Report at www.tcf.ca.

Join the conversation:

#TVS2013 or @TorontoFdn **facebook.com/TorontoCF**

TORONTO'S VitalSigns® 2013 Report

Inner City Angels, Peter Uccello.

Who Are We?

In 2012, Toronto (population 2,791,140) edged past Chicago to become the **4th largest city in North America after Mexico City, New York and Los Angeles.**

Almost **1 in 5 Canadians - 18.1%** of the total population- **live in the Greater Toronto Area** (population 6,054,191).

In 2011, almost **3 in 10** (27%) Torontonians **were second generation** (Canadian-born with at least one parent born outside the country).

Population growth in Toronto's downtown core more than tripled between 2006 and 2011 (from 4.6% to 16.2%). Suburban population growth dropped from 18.6% to 13.7% over the five years.

25.8% of the population across the GTA suburbs is 20 - 39 years old, compared to nearly half (47%) of the downtown population. The median age in the city core has dropped to the mid-30s.

Housing

How unaffordable is housing in the city and Region?

2004 → 2012

72,696 of eligible Toronto households were waiting for affordable housing at the end of 2012. That's 3,354 more than in 2011, and a **44%** increase since 2004.

- The Toronto Region still ranks as 'severely' unaffordable in a survey of 337 housing markets. A standard 2-storey house in the Toronto Region averaged $640,500 at the end of 2012.
- Emergency shelter use increased in 2012 by 4.6% over the previous 2 years, as an average 2,952 people occupied shelter beds in Toronto every night.

Work

Who is working in Toronto and who isn't?

By 2012, Ontario unemployment rates for workers (25 years +) returned to pre-recession levels of about **8%**

- In 2009, the Ontario youth unemployment rate (15-24 year-olds) skyrocketed from 11.1% in 2008 to over 18%.
- In 2012, the Toronto youth unemployment rate averaged 20.75%, and for recent immigrant youth in Canada less than 5 years, it was 29%.
- For recent immigrants in the Toronto Region, the unemployment rate was 14.6% in 2012, compared to only 7.4% for those in Canada 10 years or more.

Getting Around

What's the state of transportation in Toronto?

- The City plans to construct 495 km of new bike lanes. At the average rate of construction over the past three years, it will take more than 270 years to get there.
- Average commute time in the Toronto Region (66 minutes round-trip) is longer than anywhere in North America except in New York City, where it is almost 70 minutes.

In 2012, the TTC ridership was 514, 007, 000, which was a 7.7% increase over 2010. GO Transit's 2012 ridership was 65,500,000, which was up almost 15% from 2010.

Gap between Rich and Poor

How does inequality manifest itself in Toronto?

- 10.7% of the Toronto Region's population was living in poverty in 2011. Relative to median incomes, the rate has been rising since 1990, but was down from 12.9% in 2010.
- 1 in 8 households in the Toronto Region (12.5%) experienced food insecurity in 2011. The growing problem of food insecurity has complex causes, but is primarily rooted in lack of money to buy food.
- More than 1 million residents now live in low- and very-low income neighbourhoods.

Safety

How safe is Toronto?

- For six years straight, the Toronto Region had the lowest rate of police-reported crime among Canada's 33 metropolitan areas.

The crime rate **dropped by 7% in 2012 from 2011** to 3,131 (per 100,000 population), declining 27% between 2007 and 2012.

- These trends may contribute to nearly half of Toronto's residents feeling "very comfortable" walking through their neighbourhoods at night.

Tanja-Tiziana Burdi

TORONTO COMMUNITY FOUNDATION

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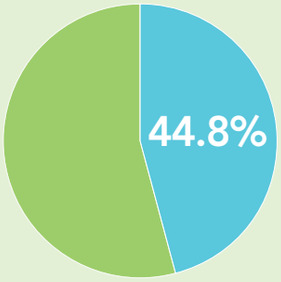
Health and Wellness

How are we faring in health and wellbeing?



The number of Toronto residents 18 years+ who are overweight or obese increased to 44.8% in 2011/2012, from 42.8% in 2009/2010. Toronto children are part of an Ontario cohort where close to 40% of boys and almost 30% of girls 5-11 years old are overweight or obese.

- Across Toronto, 5.3% of residents had been diagnosed with diabetes in 2011/2012, down from 7.6% in 2010/2011, and below the Canadian average of 6.3%.
- Toronto's population of seniors (65+) is projected to grow by 1/3 - from 376,570 in 2011 (14.4% of the total population) to almost half a million (17% of the total population) by 2031.

Leadership, Civic Engagement and Belonging

Just how civically engaged is Toronto?

- In 2013, City Council voted to amend the electoral system. If approved by the Province, the reforms will extend municipal voting rights to the more than 200,000 permanent residents living in Toronto.
- More than 8 in 10 young people (aged 10-13) (82.3%) reported a strong sense of belonging to their local community in 2012 (compared to 68.3% of all Torontonians). But only 6 out of 10 young adults (aged 20 - 34) (59.2%) reported that they felt they belonged.

City of Toronto voter turnout has been increasing over time:

in the 2000 municipal elections, 36.1% of eligible voters cast a ballot. In 2006, the voter turnout increased to 39.3%, and in 2010, it increased to 50.55%.

Habitat for Humanity Toronto, Diana Renelli.

How Strong is Toronto's Economy?

In 2013, The Economist ranked **Toronto 4th in liveability out of 140 cities around the world.** The annual ranking measures liveability across: stability, healthcare, education, culture and environment, and infrastructure.

Out of 30 big metropolises in North America (populations over 2 million), **Toronto was ranked as one of the least expensive places to do business in 2012.** Only Montréal achieved a lower score than Toronto.

The high-rises under construction in Toronto in January 2013 (184) equaled the combined total of high-rise construction in: New York City (91), Houston (27), Chicago (18), Miami (15), Boston (15), Dallas (5), San Francisco (5), Los Angeles (4) and Atlanta (4).

In another indication of economic recovery, **personal bankruptcies declined 41% and business bankruptcies dropped 56.5%** over the period 2008-2012.

Environment

Are we making progress towards a cleaner, healthier environment?

- Most people in Toronto live within a 5-10 minute walk to one of Toronto's more than 1,600 parks.
- For the third straight year, 8 of Toronto's 11 beaches were awarded the internationally recognized Blue Flag designation, which means that they met strict criteria for water quality, environmental management and education, safety and service.
- 94% of households with a blue bin, and 87% of those with green bins are using them.

Tanja-Tiziana Burdi

ArtReach / Yannick Anton.

Arts and Culture

Is our creative economy moving in the right direction?

- The Toronto International Film Festival (TIFF) has matured into the largest public film festival in the world, attracting 1.6 million people from more than 130 countries to over 1,100 media presentations. By the end of 2012, TIFF was making an estimated $200 million annual impact on Ontario's economy.
- 2012 on-location production spending on film, TV and digital media totalled over $1.2 billion in Toronto for the second year in a row.
- Toronto has one of the world's largest library systems. The last three years have been Toronto's Public Library's busiest. Usage has increased 17.8% in a decade.

Learning

What are the pressures facing Toronto childcare centres and schools?

- Under pressure to make cuts, Toronto protected its 24,000 childcare fee subsidies in 2013, but subsidies would have to be increased by more than 75% to assist all 18,242 children on the waiting list in July 2013.

High school and post-secondary graduation rates are rising in the Toronto Region. 56.7% of the population had a post-secondary credential in 2012 - up from 46% in 2000.

- 34% of elementary schools reported in 2012 that special education students aren't receiving recommended support. The number of schools with ELL (English Language Learners) students but no specialized ELL teacher is up almost 15% over last year to 31% of elementary schools.

JUMP Math, Peter Bregg.

Connecting donors with community organizations

Even though they had already been long-time donors to Toronto organizations such as the Dixon Hall Music School and the University of Toronto, Barb and Peter Halsall wanted to do more. "We really felt as though it's a responsibility to help others to find opportunities to succeed," says Barb.

So while the Halsalls were interested in creating a charitable foundation, actually running an organization wasn't what they were looking for. Their financial advisor introduced the Halsall family to the Toronto Community Foundation (TCF), which was established in 1981 and is now one of Canada's largest independent, public charitable foundations. "We initially thought we could set up our own foundation but knowing the administrative logistics of that helped us determine we didn't really want that and that's when TCF came in," says Barb. "We'd rather really build the foundation using the breadth of experience and strength that TCF has."

With TCF's guidance and tools such as the Community Knowledge Centre — essentially an online directory of organizations working on innovative solutions to some of our city's most pressing issues – the Halsalls determined that they wanted to support community initiatives involving youth, like Sistema. "We were also drawn to organizations with a mentoring aspect to them. That just really struck a chord with us," says Barb.

Partnering with TCF, which the Halsalls have done for just over a year, has also allowed the family to be as involved as they choose to be. For them, it means access to sitting on grant selection committees and using TCF's Community Knowledge Centre to help their selection process. "Being involved in two of the selection committees really gave us insight as to how TCF works," she says.

To check out the more than 230 community organizations on the Community Knowledge Centre, go to: http://ckc.tcf.ca.

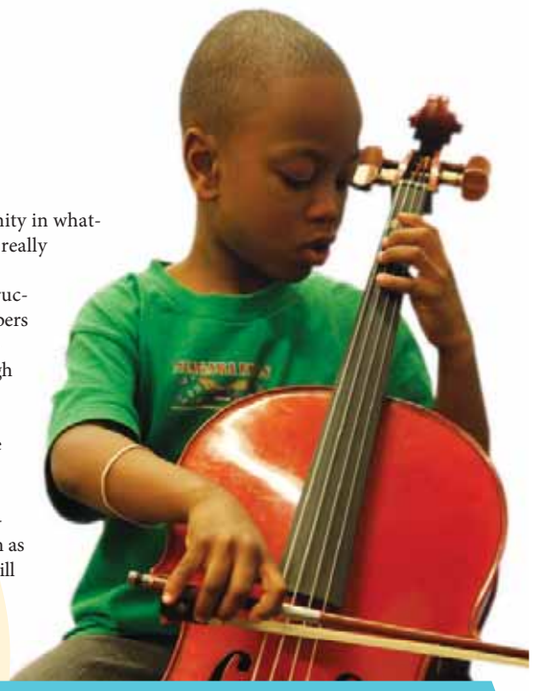
Impact of the Halsall Foundation:
Sistema Toronto Academy

While Sistema Toronto looks like a simple after-school ensemble music program, it's much more than that. "It really is defined as a social program and the content delivery is through music," says David Visentin, executive director of the Toronto-based organization. While the after-school program is modelled after a Venezuelan program called El Sistema, its execution is uniquely one that fits Toronto: it is set up in vulnerable communities and is an intense one in terms of time commitment. "Children are in our program 10 hours a week and spend a lot of time together in a social learning environment," says Visentin.

Other differentiating factors of the organization, particularly its 'Playing to Potential' program, include its provision of a snack program as well as the guidance that is encouraged amongst students learning. "In our program you'll see children in grade one being assisted by children in grade three. Younger children don't see themselves as "less than" in their musical skills simply because they're younger. Because as they learn, music is a great leveller," says Visentin.

Mentoring is also a critical part of the organization's structure at the organizational level as well — existing programs often support new locations or satellites opening up. "Every parent who comes into our program understands it is about paying it forward," says Visentin. "To me, that's one of the most exciting elements of developing this program. To hear parents, who aren't paying for this program but want to support it, say 'We will support your next community in whatever way we can.' That to me is really community building."

And clearly the program's structure is working because its numbers are growing at a dramatic rate — and will continue to grow through the impact of funding supplied by the Toronto Community Foundation (TCF). "Last year we had 76 children in the program and this year we have more than 140," notes Visentin. And receiving funding through donors such as the Halsall Family Foundation will allow them to set up additional Sistema programs, adding up to another 150 students.



"Often donors, like the Halsall family, are in discussion with a financial advisor about estate planning or other life events, and that can trigger a conversation about philanthropy," says Anne Brayley, vice-president of philanthropic services for TCF. "So for us at TCF, our relationships with the professional services community are very important."

Using TCF's guidance and tools such as Toronto's Vital Signs Report and the Community Knowledge Centre, the Halsalls determined that they wanted to support community initiatives involving youth. Sistema was a great fit.

Partnering with TCF has allowed the family to be as involved as they choose to be, from sitting on grant selection committees and awarding funds to participating in philanthropic events.

Sticking to her guns

David vs. Goliath. An 89-year-old Thorncliffe woman faces jail time over census fight

An 89-year-old Toronto woman is willing to go to jail over Statistics Canada's choice of number crunchers.

It's not that Audrey Tobias detests numbers or math nerds. Rather, she hates the company that is processing the census data for the government agency: Lockheed Martin.

On Thursday, she will take the stand to explain to a judge why she refused to fill out the form.

"It's simple. I cannot support anything that has anything to do with Lockheed Martin," she said.

The American aeronautics and weapons manufacturer scans the census forms using "optic recognition" software. The federal government paid the company $84 million for its work on the 2006 and 2011 censuses.

"Why can't a Canadian tech company do this work?" she asked over tea and brownies at her Thorncliffe apartment.

Lockheed was the only company to bid on the work.

When Tobias discovered the Lockheed connection, she ignored the census. A dangerous move. Ignore such forms, it says, and suffer fines and/or jail time.

But she is a peace activist — "not a pacifist!" — and a war veteran. She just couldn't associate herself with a company that builds and sells cluster bombs, missiles and the F-35 fighter jet.

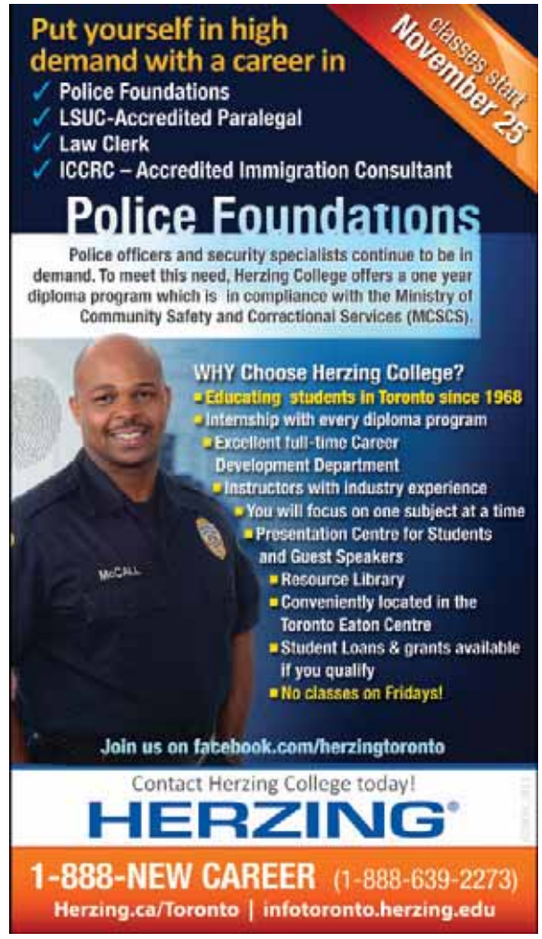
TORSTAR NEWS SERVICE

Ready to take a stand

"I will not pay a fine. I will not do community service — I already do a lot for the community. So if I have to go to jail, I'll go to jail."

Audrey Tobias

Audrey Tobias is willing to go to jail over her refusal to fill out the census form. "What, are they going to put a little 89-year-old in jail? Well, let them," says the defiant war vet and peace activist. TORSTAR NEWS SERVICE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Inflight services offer a taste of the good life — but there's a fee for that

Airlines. Want to rent an iPad preloaded with movies? Want an empty seat next to you? Get ready to open your wallet

Airlines in the U.S. are introducing a new bevy of fees, but this time passengers might actually like them.

Unlike the first generation of charges, which dinged flyers for once-free services like checking a bag, these new fees promise a taste of the good life, or at least a more civil flight.

Extra legroom, early boarding and access to quiet lounges were just the beginning. Airlines are now renting Apple iPads preloaded with movies, selling hot first-class meals in coach and letting passengers pay to have an empty seat next to them. Once on the ground, they can skip baggage claim, having their luggage delivered directly to their home or office.

In the near future, airlines plan to go one step further, using massive amounts of personal data to customize new offers for each flyer.

"We've moved from takeaways to enhancements," says John F. Thomas of L.E.K. Consulting. "It's all about personalizing the travel experience."

Carriers have struggled to raise airfares enough to cover costs. Fees bring in more than $15 billion US a year and are the reason the airlines are profitable. But the amount of money coming in from older charges like baggage and reservation change fees has plateaued. So the airlines are selling new extras and copying marketing methods honed by retailers. THE ASSOCIATED PRESS

Raising fares doesn't work

- When airlines try to raise fares, they are met with resistance. Customers either change travel plans, use another carrier or don't travel at all, says Jim Corridore, an airline analyst with Standard & Poor's Capital IQ.
- Most fares today don't cover the cost of flying. While the average domestic round-trip base fare has climbed three per cent over the past decade to $361.95 US, when adjusted for inflation, the price of jet fuel has nearly tripled.

Passengers check in their luggage at the Delta counter at Hartsfield-Jackson Atlanta International Airport on Friday. Delta customers have a new option to purchase an upgrade that includes a second bag to check, amongst other perks. JOHN AMIS/THE ASSOCIATED PRESS

BlackBerry deal could be done at lower price: Analysts

Analysts predict that Fairfax Financial will follow through on plans to buy BlackBerry, but could pay substantially less than originally announced as the smartphone maker's market value erodes. Fairfax announced Sept. 23 that it was leading a group that would offer $9 US per share, subject to a number of conditions.

However, Canaccord Genuity analyst Michael Walkley says a $7-per-share bid is likely to materialize once Fairfax and its partners complete further due diligence over the next month.

Based on Canaccord Genuity's assessment, BlackBerry would be worth about $1 billion less than Fairfax's initial proposal, which valued the company at $4.7 billion US.

Walkley said he has reassessed the company's assets to take into account BlackBerry's flagging hardware operations, which were the main reason for a $965-million US loss in the company's second quarter.

"Given our belief BlackBerry's hardware business will struggle to return to profitability despite significant cost cuts and a refocus on more high-tier enterprise segments, we struggle to assign any value to the hardware business," Walkley wrote. "Our sum-of-the-parts analysis values BlackBerry at roughly $3.75 billion."

Nomura analyst Stuart Jeffrey has reduced his target price to $8 to take into account risks to the current bid. THE CANADIAN PRESS

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SPOILER ALERT: I'M A NETFLIX CHEATER

SHE SAYS
Jessica Napier
metronews.ca

I'm in a loving and happy relationship but I have to admit that lately I have had a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together ... well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And, as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that, on the list of privileged-people problems, fighting over your viewing habits is right up there with Starbucks running out of pumpkin-spice syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

What we watch when our partner is not watching

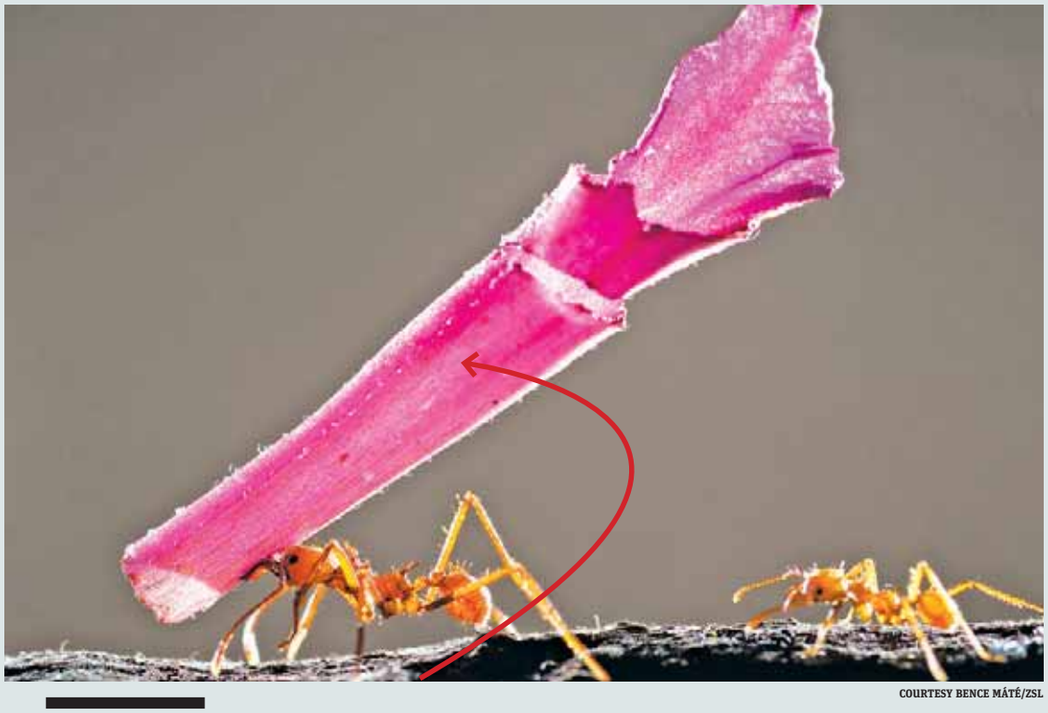
My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen ... right after I finish watching episode four of House of Cards.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of London's (ZSL) Animal Photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. METRO

Two of the all-time best ant facts

50
times their own body weight is what an ant is capable of carrying.

30,000
eggs is how many each queen leafcutter ant lays each day.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.

PHOTO ILLUSTRATION/METRO

Spoiler Shield
This free iDevice app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:
Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus
Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Twitter

@metropicks asked: The Toronto Raptors to get a rebrand as international hiphop superstar Drake takes over as the struggling basketball team's global ambassador. How can Drake make the team cool again?

Hopefully Drizzy looks good in purple.
@rebverb

Get them to win.
@ruggles79

Well they're basically starting from the bottom, so...
@DizzleDaKing

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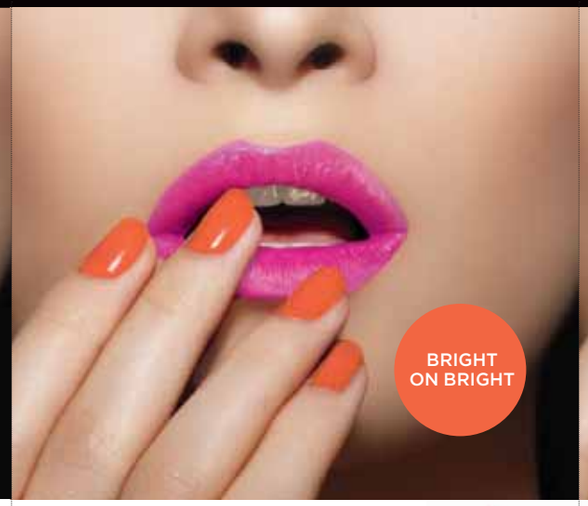

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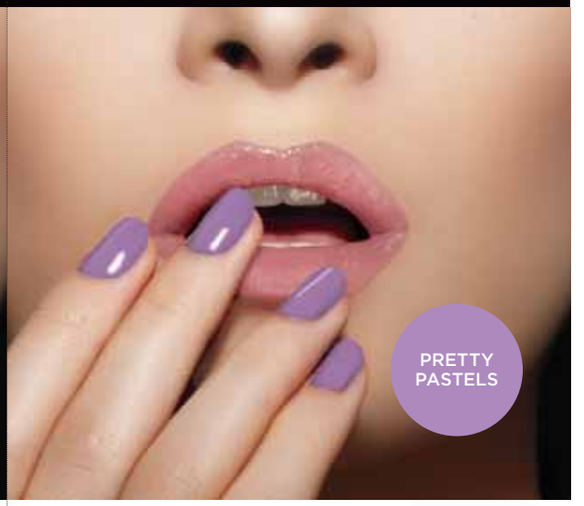

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SCENE 2

Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Meth cook/science maestro Walter White laundering money in the pilot episode of Breaking Bad. AP PHOTO/AMC

Sunday's Breaking Bad turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, Breaking Bad gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

Here are 10 lessons Breaking Bad leaves behind:

1) Stay in school and study hard!
As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless. Walt (a.k.a drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications.
The next time you dispose of a corpse with hydrofluoric acid, all you devoted Breaking Bad viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important.
Breaking Bad reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap.
Steve Jobs knew it. Jeff Bezos knows it. Walt White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.
If you're stuck in a rut, like Walter White at the start of Breaking Bad, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.
A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.
Sure, he may be a sleazebag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).
If financially strapped schoolteacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no Breaking Bad.

9) Finish what you start.
It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the Breaking Bad finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).
Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating Breaking Bad, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

THE ASSOCIATED PRESS

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DVD review

This is the End

Directors. Evan Goldberg, Seth Rogen

Stars. James Franco, Jonah Hill, Seth Rogen

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Comedy/horror hybrids are a dime a dozen, and This Is the End doesn't exactly reinvent the wail. But it goes to extremes not often seen, especially with actors playing with their public personas and CGI providing a convincingly terrifying disaster scenario. You can view the film as gross-out comedy, where regulars of the Judd Apatow laugh factory — namely Seth Rogen, Jay Baruchel, James Franco, Jonah Hill, Craig Robinson and Danny McBride — act like the penis-obsessed frat boys they often play, this time using their real identities. Or you can see it as a horror movie, since it spares no gore in presenting a biblical end-of-days scenario wherein L.A. gets fire and brimstone not intended for a standard Hollywood script. The film is the feature directing debut of Rogen and his friend and frequent co-writer Evan Goldberg. As the lads get serious about their situation, they also get funnier, acting out their neuroses but also performing an impromptu sequel to Pineapple Express, the stoner comedy that several of them co-starred in.

PETER HOWELL

In defence of farts: Arnett states his case

The Millers. Comedian doesn't understand why critics are fussing over flatulence

Will Arnett is ready, willing and able to talk about flatulence.

Hyper aware of the stink raised by critics over a particularly gaseous gag in his new sitcom, The Millers, the TV comic launches into a fervent defence of the everyday moment during a recent interview to promote Thursday's premiere.

The joke plays out soon after his character Nathan, a recently divorced TV reporter, begrudgingly welcomes his newly single mother, played by Margo Martindale, into his home.

Upon returning from work, he barely greets his mother before having to ask: "Did you (pass gas)?"

"This happens when you get older, they just slip out," Carol replies.

Arnett says he can't understand what the fuss is about, recounting a conversation he had with a critic who considered it "low-brow."

"And I said, 'You know what? Give me a break. Everyone is taking themselves so seriously, who cares?'" Arnett says in a phone call from Los Angeles.

"It's a very funny moment and it's very real and it's a son asking his mom about it. It's not done in a gross way. It's just done in a very sort of real way."

Some might see the broad comedy as a departure of sorts for the Toronto-born Arnett, who rose to fame playing quirky characters in sharp-edged single-camera sitcoms including Arrested Development and 30 Rock.

Here, he plays a regular Joe who is eager to rediscover the single life, but his plans are interrupted when his meddlesome parents decide they are separating after 43 years of marriage.

The nosy Carol moves in with Nathan while befuddled dad Tom, played by Beau Bridges, moves in with daughter Debbie, played by Jayma Mays of Glee.

"You have a guy who's 42 and he's trying to hit the reset button on his life with his mom who's also trying to hit the reset button on her life," says Arnett, who also happens to be newly single, after splitting from comic Amy Poehler last year.

"It's challenging enough on its own but having your mother riding shotgun with you on that ride is definitely going to make it a lot more difficult and interesting."

With directing legend James Burrows calling the shots and Raising Hope and My Name is Earl writer/producer Greg Garcia behind the scripts, Arnett says that joining the project was, "as they say, without-a-brainer."

"I just thought, well these elements are so good, the script is really funny, Greg Garcia, I totally respect, he's just the best guy and Jimmy Burrows is an absolute legend," says Arnett, who most recently starred opposite Christina Applegate in the NBC comedy Up All Night. "It's the equivalent of being asked if you want to go and play on an all-star team. Like, yeah, I do!"

Add in Martindale as his character's mom and Bridges as his dad and you have a powerhouse cast that's hard to beat. "They're both such great actors. And that's what you need to do — you've got to kind of build from the ground up and you need to have people who are great actors to bring a sort of believability to these characters. And then it's funny on top of it."

The Millers debuts Thursday on CBS and Global.

THE CANADIAN PRESS

The Millers debuts Thursday on Global. CONTRIBUTED

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The Head is back and Korn can still put out a record

New album. Band isn't worried about album sales

JOHN PLICHTER
Metro

Jonathan Davis is enjoying the spot Korn has earned on the music scene.
GETTY IMAGES

Jonathan Davis isn't too concerned about creating a commercially successful album these days.

"We don't get worked up over that anymore since we've already established ourselves," says the Korn singer.

"If you want to buy our record, buy it. If not, that's cool. We're not worried about labels anymore because we always know we can put a record out. Back in the day we definitely felt that pressure. But not anymore."

Their new album is The Paradigm Shift, and the band has recently gone through a paradigm shift of its own with the return of founding member Brian "Head" Welch, whose deep detuned guitars first helped put Korn in the enviable position of not worrying about who buys their albums.

How did the return of Brian "Head" Welch come about?

He showed up at a show we were playing at Carolina Rebellion, and we asked him to come onstage and play a song with us. When he did, the crowd was so emotional. People were crying and so much s— was going on that I think he realized it was time to come back. … It's like he never left. It's been really great.

You worked with producer Don Gilmore on this album, who has been known for working with a lot of poppier acts like Avril Lavigne and Sugar Ray, to name a few. How was it to work with him?

We really, really liked working with Don. It was a lot of fun.

At first he was a little hard to read, but we broke him down through the process. That's when he started acting like a kid and having fun with us.

Being a band for 20 years now, how has your audience evolved over the years?

I think our audience has grown with us.

But then also, we have a lot of new fans too.

We see a lot of kids in the crowd as well as older people, so it's really cool. Our music has transferred over a couple decades and touched different people.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Girls just wanna have fun

MELINDA TAUB
Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the Saturday Night Live premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star appeared in a spoof of Dunham's HBO show Girls, playing Blerta, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the New Yorker had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on Instagram of her enjoying the sketch. "Original Girl enjoying Blerta on #snl's Girls at my house," she wrote.

"The SNL parody of Girls was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.

Want to know Katy Perry's inner thoughts? It's all in her music

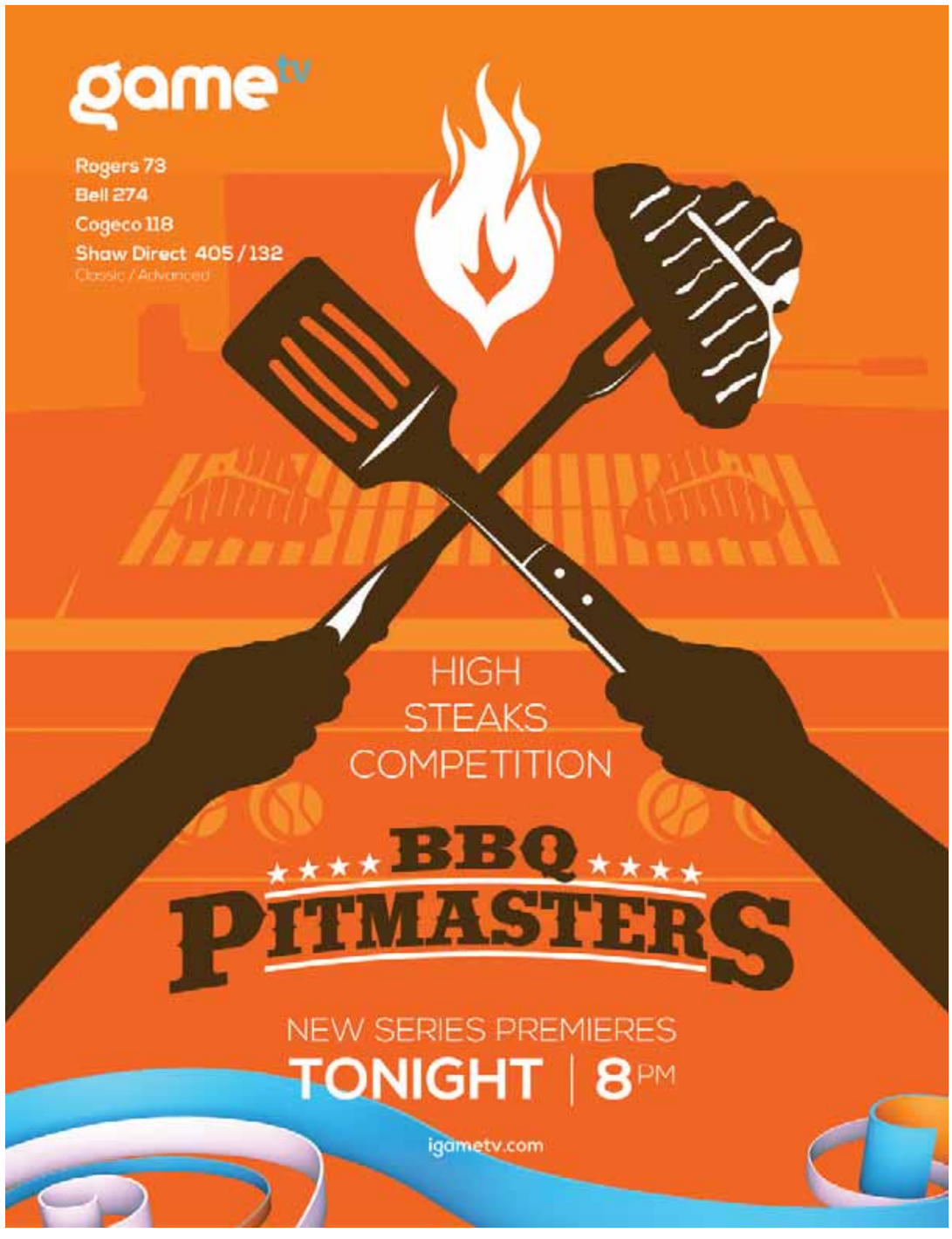
Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, By the Grace of God, about the time she found herself on the bathroom floor considering suicide, she tells Billboard magazine. "That song is evident of how tough it really was at a certain point," she says. "I asked myself, 'Do I want to endure? Should I consider living?' All the songs are real-life moments. I can only write autobiographically. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

Twitter

@RedHourBen
I can't believe it's gone.

@WhitneyCummings
Watching the Breaking Bad finale without having seen any of the series. I have some questions

@TheRealRoseanne
May it please ascended masters to aid me 2 reverse the decree against the ppl



LIFE 3

Elisha Dacey

Half Off: Eating your stress

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Cieciwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YLVA VAN BUUREN/FOR METRO

Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA McGUINNESS
wellness@metronews.ca

Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of Eat Right When Time is Tight, tells Metro that it is essential.

"You've been fasting for at least eight hours, so you need to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood," she explains.

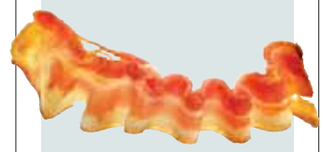
"A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

So, because we love oatmeal and we hope we've convinced you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.

200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips

200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste



200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon

200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts

200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste

200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste

200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste

200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish

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• Do you binge eat? • Do your food binges interfere with your life?

Scientists at the Centre for Addiction and Mental Health in affiliation with the University of Toronto are conducting a study of treatments for binge eating.

If you are a woman between the ages of 18 and 50, think you may have difficulties with binge eating, and are willing to receive either medication or therapy, you may be eligible to participate.

Please call 416-535-8501 extension 36891 or email daniela.avila@camh.ca for more information.

For information about other programs and services at CAMH please visit our website at www.camh.net or call 416-535-8501.

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Best Health

Foods that fight inflammation

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Chronic low-grade inflammation of your body's cells causes long-term damage to tissues, and is believed to be a major contributor to most chronic diseases, including diabetes, heart disease, arthritis, autoimmune disease and cancer. Triggers include stress, depression, smoking and inadequate sleep. But you can control inflammation through diet. Here are some power foods:

1. Fatty fish
Mackerel, salmon, trout and sardines are full of omega-3 fatty acids. It is recommended to eat fish a couple of times a week.

2. Fruit and vegetables
Flavonoid and carotenoid antioxidants in richly coloured produce are potent anti-inflammatories. Eat deep-red berries, broccoli, sweet potatoes, and red and orange peppers — at least five servings a day.

3. Extra virgin olive oil
Rich in antioxidants, this is a cornerstone to the Mediterranean diet. Look for a dark-coloured bottle, which helps protect the oil's properties from light.

4. High-fibre whole grains
Fibre is anti-inflammatory and helps you avoid damaging blood-sugar spikes. Look for four to six grams of fibre per serving.

5. Tumeric
A bright yellow spice found in Indian curries, this spice is a superstar anti-inflammatory. Its active ingredient, curcumin, also comes in supplement form and has been shown to be as potent for easing aches and pains as OTC painkillers such as ibuprofen.

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Life is but a dream — let's explore it

New book. How lucid dreaming can bring a little magic into real life and help you take more control of your waking life

MAJA LUNDAGER PEDERSEN
wellness@metronews.ca

Make dreaming more interesting. CONTRIBUTED

While many of us consider the bus or train the main ways to get around, a new book called A Field Guide to Lucid Dreaming expands our opportunities with some more untraditional ways: flying, teleportation and time travelling.

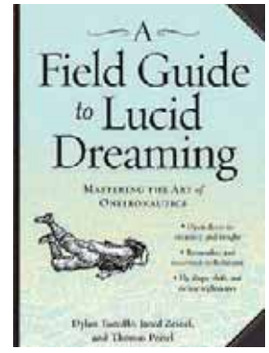
According to the authors of the book, Dylan Tuccillo, Jared Zeizel and Thomas Peisel, lucid dreaming is a way to explore "the mystery of our nocturnal adventures." Their book aims to teach readers how to become self-aware while dreaming.

Tuccillo describes lucid dreaming as a "full, real-time present moment experience" in which the dream feels as real as this world.

"You breathe the air, you see the sun shining, and actually it sometimes feels even more crystal clear than this world," he says.

According to the book, most people list flying as their favourite thing to do when they find themselves self-aware in dreams.

"Flying itself is fulfilling in the fact that on a daily basis you are confined to gravity, to the earth," explains Tuccillo, who was a little skeptical about lucid dreaming until he tried it himself. "Once you fly for the first time it sort of answers its own question and you feel how liberating that is and how expansive. You are experiencing something that's beyond what you thought reality was and that starts to shape your understanding of the world."



Besides being fun, lucid dreaming can also help fight nightmares, understand one's subconscious and even improve skills.

"Let's say you have a meeting tomorrow where you have to get in front of your boss and talk. Then you can go into a lucid dream and rehearse that meeting. (You) create a boardroom to talk to, create your boss, create your co-workers through certain creating techniques in the dream world. Then you perform your speech and it becomes sort of a real-life practice," says Tuccillo.

"Also there are a lot of healing things you can do," he adds. "Let's say you are chronically plagued by nightmares. You can go into your dream and actually confront your nightmare. Stop running away from it, stop letting it chase you. A lot of people have found that their chronic nightmares have disappeared after that."

Tuccillo remembers being a child reading fantasy books and thinking, "I will never be able to do those things; magic isn't real and this world is kind of sad and concrete."

Today his world looks a lot different.

"Getting in touch with your dream, it doesn't have to be lucid dreaming, but reconnecting with your dreams shows that the world is a lot more dynamic. There is this other state of reality where magic is real; a place where guidance comes from and that there are forces helping us towards discovering who we are."

Hockey health. Crosby's trainer provides tips to get ready for the season

Planning to lace up and hit the ice after a summer spent doing next-to-nothing? Andy O'Brien, Sidney Crosby's personal trainer and ambassador for the new Reebok Sidney Crosby SC87 Collection, gives us his five tips to get ready for ice time.

Tip #1
Learn to warm up and prepare thoroughly before going on the ice. A thorough warm up will not only make you play better and reduce injuries, but it will improve the way your body improves week after week.

Tip #2
Aim for gluten-free, starchy carbs on the day of a game. Many of the traditional pastas are rich in gluten, which has negative consequences on the immune and central nervous systems. Go with brown rice pastas, quinoa, wild rice and buckwheat and cook your grains thoroughly.

Tip #3
Mix in some standing bike sprints. Seated biking is generally a poor choice for aerobic and anaerobic conditioning because of its biomechanical impact at the hip. But standing bike sprints allows the hip to extend and the glutes and quads to contract more similar to skating.

Tip #4
Get low in your exercises. The key to playmaking with speed and power is getting low and staying low. Perform more exercises that require maintaining a low position, and less of the traditional vertical movements.

Tip #5
Work on ankle and hip flexibility. These are two of the most important performance variables. Getting into a strong position requires flexibility. Flexibility is not just for ballerinas and contortionists; it's for elite athletes too. METRO

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Be aware. A proper self-examination is the key to early detection

Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period. ISTOCK

LAURA GOLDMAN
Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.

Skip that second drink

Along with self-exams, Weiss suggests lowering your risk of alcohol consumption to reduce your risk of breast cancer.

- "It's best to reduce consumption to five or fewer drinks per week, says Weiss. "The risk of breast cancer increases with the amount of alcohol consumed."

An uphill climb: Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised $65K, but proved they could find their inner strength

VAWN HIMMELSBACH
life@metronews.ca

Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength when faced with another mountain to climb.

About Charity Challenge

- U.K.-based Charity Challenge, which recently launched in Canada, operates more than 100 fundraising expeditions for 1,500 people each year.
- Anyone can join any trip to raise money for any charity they're passionate about.
- For more info, visit charitychallenge.ca.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

"I didn't want to go through radiation," she said. "I looked at it like a wart — just get it off."

During this time, she kept hearing a song on the radio by country crooner Terri Clark, called I Wanna Do It All. "I'd be out running and that song would come on," she said. "And I wanted to do it all. I wasn't willing to give up — that was never an option."

Ferguson decided to have a mastectomy. In May of that year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including Run for the Cure. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as rediscovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Upcoming fundraisers

- CBCF is recruiting for a Cuban biking challenge in February 2014 and a trekking challenge in late 2014 — possibly the Great Wall of China or Mount Kilimanjaro in Tanzania (cbcf.org).
- Rethink Breast Cancer (a movement for young women affected by breast cancer) is organizing a trekking challenge to Machu Picchu from Sept. 5 to 13, 2014 (rethinkbreastcancer.com).

Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a $75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the whole gamut — radiation, chemo and surgery — over the course of a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kilimanjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said. "I love doing these kinds of challenges; something out of the ordinary, where you push yourself."

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers … not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group — people from across Canada who all shared a common link with breast cancer — got her through those tough parts.

The local children, in particular, captivated her. "The children are so genuine; there's a real innocence," she said. Doing this trek — and other challenges over the years — has taught Empson perseverance.

"I know that I have more willpower and tenacity that I maybe originally thought," she said. "(You have to) dig deep, get down in there and give it all you've got."

Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount Kilimanjaro, but made it only two-thirds of the way before

Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

Reach for the sky

Conquering my fears to fight cancer

Fernando Carneiro on the edge 365 metres above the city. CONTRIBUTED

I think it's the fear of losing control.

Snakes are fine. So is public speaking. But heights? They terrify me.

So you can imagine how I felt when our company president "volun-told" me for a breast cancer fundraiser that involved walking around the outside of the CN Tower.

I'm OK in elevators and balconies — the fact that it's enclosed makes me feel safe. But I get tense when escalators have open sides and make a point of staying away from high ledges.

But cancer scares me more. I have seen people who lead healthy lifestyles get it. In August, we lost a Metro co-worker to cancer at age 36.

I'm told I'm a good fundraiser and I believe fighting our fears leads to personal growth. So I agreed to reach for the sky — literally.

So up the CN Tower I went last month, making sure not to step on the glass tiles in the elevator.

Up top, our group of fundraisers stood in a small room with glass doors while our safety harnesses were connected to a guide rail. The employees all joked that "it was their first day on the job."

Then, the doors opened. The wind gusted in and the temperature dropped. I tensed up. My hands became clammy and I tightened my grip on the harness.

When asked to step out on the ledge, I looked at the floor. That made it worse. The EdgeWalk floor is a grate; you can see the ground below. I stared at the CN Tower wall instead. My fellow fundraisers were invited to "hang their toes over Toronto." I passed. Just being there felt like personal progress.

Over the course of the walk, I became bold enough to let go of the harness and enjoy the view. That was my personal limit that morning.

Back inside, as I was unharnessed, I felt my entire body hurt from being tense — it was as though I had been tenderized with a meat mallet. Yet, I started to feel a little daring. I immediately wanted to do it again.

Yes, it was mentally tough, but I plan to return. And this time I'll hang my toes over Toronto because I feel stronger now than I did before I faced my fear of heights.

And thank you to my colleagues at Metro, who helped me raise more than $1,600 for the EdgeWalk Challenge for the Canadian Breast Cancer Foundation CIBC Run for the Cure.

I suspect they did such a great job fundraising so they wouldn't have to do the EdgeWalk themselves.

FERNANDO CARNEIRO/METRO

FOR A VIDEO OF FERNANDO'S SKY-HIGH ADVENTURE, VISIT METRONEWS.CA

altitude sickness got the best of her. So she had something to prove to herself by going on this challenge.

"It was sitting in the back of my mind … and that was what took me onto the hike," she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active and to "not keep wallowing over stuff that I have no control over."

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortunate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 almost-vertical steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept her going. "They cheered me on, they supported me in every way they could,"

Carrying on despite a sprained ankle was worth it. "It was unbelievable — the beauty of the place, the serenity that you experience when you get to the Sun Gates," she said. Sachedina proved something to herself by finishing the trek — she found a sense of strength that she describes as unbelievable. "I feel I can do anything now."

Communication. How to talk openly, honestly with your kids about cancer

With cancer, parents need to allow for questions and open communication. ISTOCK

ANISA ARSENAULT
Metro World News in New York

As a child psychiatrist, Dr. Lynn Bornfriend had been discussing different issues with kids for years. But her last two years at the Cancer Treatment Centers of America (CTCA) in Philadelphia brought a new struggle to light: the difficulty parents with cancer face in discussing their diagnosis with their children.

"It seemed that the parents had an extra burden: How do I protect my child? How do I plan for my child?" Bornfriend tells Metro. "And very quickly we became aware that this is something we have to spend more time on and come up with more resources for."

According to Bornfriend, the first hurdle is changing the outlook of parents who believe a discussion will only frighten their child. "Children are very perceptive, and they know when something is wrong, even if you're not speaking about it," she says. "So if you don't tell them what is going on, they're likely to think that it's worse than it really is, or that they're the cause of the problem."

Bornfriend's recommended course of action is honesty. "Your degree of honesty is tailored to what their developmental stage is, and their cognitive abilities," she says. Essentially, the transparency of your discussion will vary with the age of your kids.

Preschoolers need to be prepped for the physical changes they will see in a parent.

"You have to make clear to them that mommy or daddy is pretty sick," Bornfriend says. "You make them aware of some of the things they may see: mommy or daddy may be laying on the couch more. You talk to them about how you've made a choice, you're going to get treatment and you have a plan. You explain to them what it is and what it is not."

But Bornfriend warns not to get too caught up in details. "Young kids take what they can hear and then they're ready to move on," she explains. "You're ready to be explaining about chemotherapy and radiation and they're gone."

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APOTEX
ADVANCING GENERICS

A sprinkle of humility and dash of dedication make a delicious combo

Reality show The Cupcake Girls followed Lori Joyce and Heather White as they tended to their flagship store in Vancouver while navigating marriage and later, babies. CONTRIBUTED

How sweet it is. The Cupcake Girls cook up some advice for entrepreneurs, small business owners

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Heather White and Lori Joyce, owners of the Cupcake Girls bakery franchise

What: Vancouver-based cupcake bakery

Where: 85 Laird Dr., Toronto

Why: "If I can help one entrepreneur get out of a situation they're uncomfortable with, that maybe they just need a little bit of advice to get them past a hurdle, I'm totally there. That's how we got where we are today because of women helping women or other entrepreneurs," says Heather White.

The girls — nay, make that women — behind Canada's Cupcake Girls are kinda a big deal.

If you're unfamiliar with their ascent from Vancouver cupcake shop owners to reality TV stars and later spokespeople and franchise owners, then you probably aren't a Vancouverite or cupcake aficionado.

White and Joyce have been running their small business-cum-franchise for 12 years and are now so successful they're sought out by others — small business owners seeking their advice, entrepreneurs looking for tips and fans vying for their attention.

The two were recently dishing out this brand of counsel in Toronto while surrounded by a group of women discussing best practices for finding small business financing. They were in town to promote their new shops — set to open in 2014 in Oakville and Aurora — and speak to a room full of small business owners at a dinner hosted by Ember Business Exchange, an entrepreneurial program for women (but not exclusively) in Ontario.

Their success, said White, is as much a by-product of their own hard work as it is knowing when to ask for help. Entrepreneurs, she said, can't always do everything by themselves and asking for advice or help from others is one of the easiest ways to grow. "(In the early years) I mean anyone who had been in the business for awhile, we'd go as we'd say, 'You know what, I really like their model of franchising and I want to know how they did this,' and we'd go and ask … that's all it was," said White. "When you're in the business every day and you're looking at the same four walls, it's hard to think outside the box."

Failure is an issue that can overshadow any business and strike fear into even the most competent entrepreneur. The Cupcake Girls are no exception.

"(When) we opened (our original store) people would come in and say, 'We give you a month. You're not going to survive. This is one of the toughest neighbourhoods.' And you know what? They gave us the energy, the ability to go on and conquer."

AS THE BEGINNING OF SMALL BUSINESS MONTH KICKS OFF TAKARA SMALL WILL BE INTERVIEWING SUCCESSFUL ENTREPRENEURS, SUCH AS THE CUPCAKE GIRLS, ABOUT THEIR JOURNEY AND LESSONS LEARNED (BOTH PERSONAL AND FINANCIAL) ALONG THE WAY.

E-laborate

• Go to metronews.ca/mom-and-pop-shops for more advice from the Cupcake Girls.

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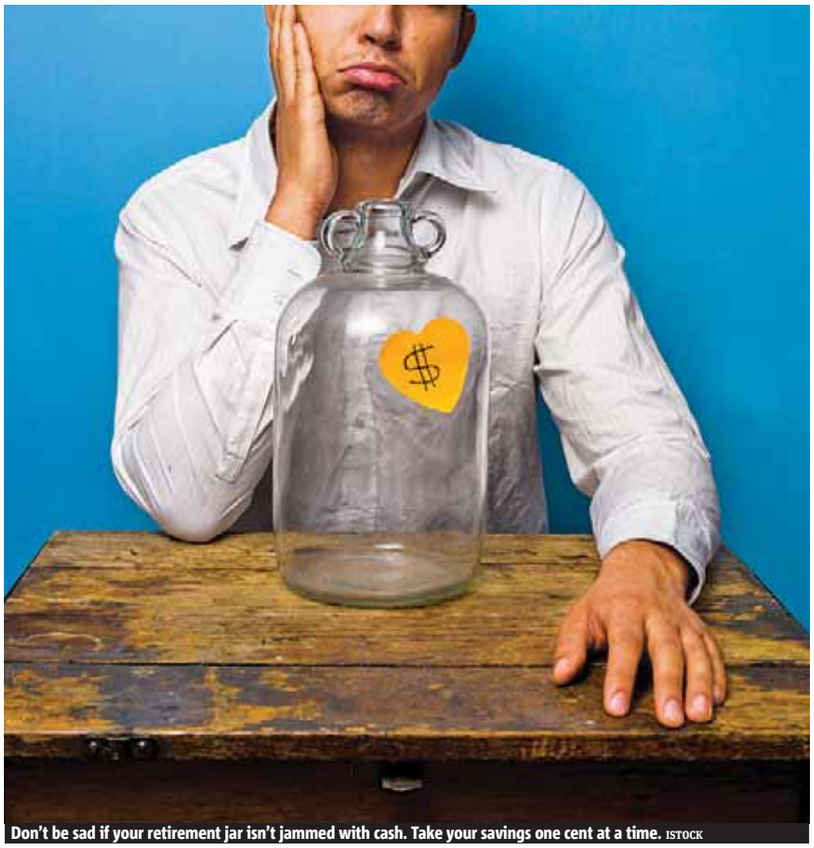

Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. ISTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of $33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low- cost), and no "get-rich-quick" promises Above all, don't let uncertainty stop you from moving forward.

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Crash course in collisions

You hear the sound of crunching metal, your heart is racing, your palms are sweating — you have just been in an accident.

It's minor and, thank goodness, no one has been injured. But what now?

Once you have caught your breath, there are certain things you need to do to ensure your day doesn't get any worse.

Accident planning and awareness are crucial since every year 500,000 Canadians are involved in auto collisions.

"Auto accidents are not something that any driver wants to think about," says Mauro Convertini, an insurance expert at Aviva Canada. "But being prepared for a collision makes a very stressful situation a little more manageable."

Convertini suggests the following to ease the post-accident process:

• Safety first: Make sure that you and the occupants of your vehicle are safe and move off the road to prevent further injury.

• Make a list: Thinking clearly is difficult after a collision. Remove the pressure of trying to remember what you need to do by writing a list and keeping it in the glove compartment.

Accident planning is crucial since 500,000 Canadians are involved in auto collisions every year. MRIVSERG/COLOURBOX

• Exchange information: Exchange names, addresses, phone numbers, insurance company information, driver's licence numbers and licence plates with each individual involved in the accident — all of this data will be necessary when filing an accident report and an insurance claim.

• Photograph the damage: Snap pictures at the scene. Photos will help settle any disputes about the extent of damage to the vehicles.

• File an accident report: Most provinces require that you report any accident where damage exceeds a specified amount to a collision reporting centre or the police.

Accidents do happen so being prepared is a driver's best option.

NEWS CANADA

Preparing vehicles for winter commute

You have noticed it. Your daylight drive home is becoming more of a moonlight trip. You are turning on the heat and your windows are rolled up.

With cold temperatures and flurries on the way, drivers are preparing their vehicles to safely navigate through the colder months.

Surprisingly, however, Canada's winter weather still catches drivers unprepared. According to historical data from Aviva Canada, customer claims increase by an average of approximately 49 per cent during the winter months, compared to the rest of the year. The first snowfall of the year historically accounts for the highest instance of collisions.

"Driving in the winter months puts different pressures on your vehicle, with ice, snow and extreme temperatures challenging your car," says Mauro Convertini, insurance expert from Aviva Canada.

"The best trick for drivers is to gear up their cars for the winter months before the bad weather hits."

Convertini offers drivers these tips to get vehicles winter ready:

• Check your tire pressure: It drops more quickly in cold weather, so top up your tires often to prevent sliding.

• Install snow tires: They improve traction with a more aggressive tread to safely power a vehicle through slippery snow.

• Have an emergency kit ready: It should include a flashlight, first aid kit, warm clothing and blankets, road salt, shovel, scraper, emergency food supply, and bottled water.

With these tips in mind you will be able to approach the upcoming elements with caution as you safely steer your way through the colder months. NEWS CANADA

ADVERTISEMENT

Insurance renewals are an opportunity to save money

Shopping around can put more money in your pocket.

Insurance renewal time provides drivers with the perfect opportunity to make sure they're getting the best deal on car insurance. While drivers can shop around any time for quotes, there are several good reasons why renewal is the perfect time to compare current policy with what's available elsewhere.

Renewal rate increases – the thing that most often sends drivers in search of new insurance quotes is finding a rate increase on their renewal. Rate increases can happen for a variety of reasons; a ticket or accident on record, the insurance company may have made rate changes to your policy in particular, or there may have been a general rate increase to all of the company's policies. No matter what the reason, seeing rates increase is a good sign it's time to shop around.

Benefits of switching on renewal – when choosing to shop around and potentially switch to a new insurance company on renewal date, drivers save themselves more than just the difference between policies. Firstly, insurance companies often charge penalties for cancelling a policy in the middle of the policy term. Some companies don't charge a penalty but will use a system called short-rating in which the money refunded may not be the fully pro-rated amount the policyholder should get back. This is another way of penalizing for ending the policy before the term for which it was rated. When switching to a new company on renewal date rather than renewing an old policy, risk of penalties or short-rating are avoided.

In addition to avoiding the penalties of early cancellation, you also make it easy on yourself when you change companies on renewal. You will simply pay the new company rather than renewing with the old. This keeps your payments steady and right when and where you expect them and have planned for them in your budget.

When to start shopping around – a few weeks prior to renewal date, a new policy will be sent out. As soon as that information is received, start comparing quotes. You will know exactly what coverage you're receiving now in order to get quotes for the same level of coverage. By comparing apples to apples on coverage, you can be certain that a lower rate really is a better deal, and not just lower because the coverage is lower. Shopping around right when your renewal paperwork arrives also gives you the most possible time to make a decision on whether to continue with your current company or switch. Quoting sites like InsuranceHotline.com make it easier by comparing rates against over 30 insurance companies.

Not ready to switch – while renewal offers a great opportunity to shop around, that doesn't mean you have to switch then. If you don't find a better deal at renewal time, you can still go back and look at rates in the future. Shopping around doesn't mean you have any obligation to switch insurance companies, so if you decide to stay where you are you haven't lost anything.

Just got my insurance renewal... what the Beep?

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Greasy Grilled Cheese no more

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the outside of the bread is just sprayed with vegetable oil.

This recipe serves three. ROSE REISMAN

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
- 3 oz boneless skinless chicken breast
- 6 slices of bread
- 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
- 1/3 cup sliced avocado
- 3 tbsp chopped cilantro

Sauce

- 3 tbsp light mayonnaise
- 1 1/2 tsp chopped chipotle pepper or jalapenos

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

3. Sauce: Combine mayo and chipotle. Spread over bread.

4. Over 3 slices of bread, divide chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Health Solutions

Chickpeas are here to stay

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad dressing.
- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Wingmen for hire: Find love through fake friends

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS
Metro World News

You're hot, funny and successful, but no one knows because you don't know how to meet people.

Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner.

"It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman.

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

For $125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

"Whether clients are aged 21 or 63, there are behaviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after."

The "lovepreneur" started the business to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers. Edwards' business model has inspired similar companies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.

"It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure … and give perspective on the date".

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.

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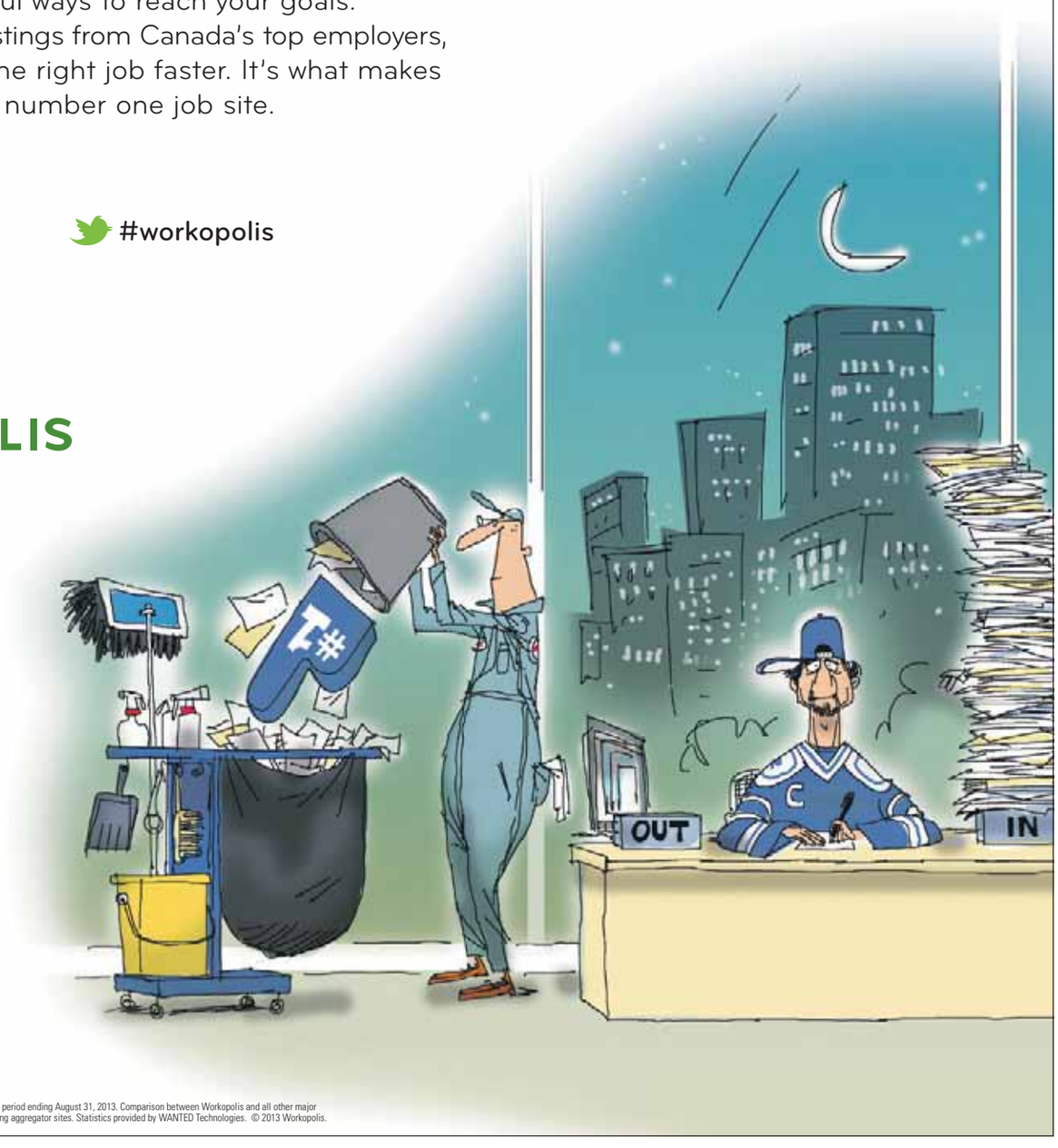

"Number one job site" based on six-month average online job postings for period ending August 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

MLB

Hearing on A-Rod suspension starts before arbitrator

The grievance to overturn Alex Rodriguez's 211-game suspension began Monday before arbitrator Fredric Horowitz.

The New York Yankees third baseman was wearing a business suit and accompanied by lawyers when he arrived for the session at Major League Baseball's headquarters in midtown Manhattan.

A three-time AL MVP, Rodriguez was suspended Aug. 5 for alleged violations of baseball's drug agreement and labour contract. Because he's a first offender under the drug program and the players' association filed a grievance to force an appeal, a suspension can't start until it is upheld by an arbitrator.

THE ASSOCIATED PRESS

MLB

Cubs can Sveum

The Chicago Cubs fired manager Dale Sveum on Monday after finishing last in the NL Central for the first time in seven years, ending a two-year run that produced more losses than any other in the team's cursed history.

The Cubs went 127-197 in Sveum's two seasons at the helm.

THE ASSOCIATED PRESS

Rielly, Ashton extend stay with Maple Leafs

NHL. Young prospects crack opening-night roster as new season gets underway in Montreal

Morgan Rielly can play up to nine NHL games before burning a year off his entry-level contract, so there's time to evaluate him. If the Leafs decide he isn't NHL ready, Rielly will be sent back to the WHL's Moose Jaw Warriors. DAVID COOPER/TORSTAR NEWS SERVICE

Morgan Rielly knew he made the Toronto Maple Leafs when he arrived at Air Canada Centre on Monday morning.

"All my hockey gear was here still," he said. "So it's a good feeling."

The 19-year-old defenceman impressed enough in training camp to earn a spot on the roster to start the season, along with 22-year-old winger Carter Ashton.

"We've stated: You're going to have to have young players in your lineup, and we're no different," coach Randy Carlyle said. "And Carter Ashton has come in and made enough of an impression that he's going to play (Tuesday) night in Montreal."

Rielly's status isn't so certain. He's one of seven Leafs defencemen and could find himself in the press box at Bell Centre instead of on the ice against the Canadiens. But that's all part of the process for a player whose real NHL tryout could last a while longer.

"I haven't proved anything yet," Rielly said. "I'm not sure what's going to happen over the course of the next two or three weeks. I have a lot left to prove. I have a long way to go."

The Leafs' official roster Monday listed 11 active forwards, seven defencemen and two goaltenders, not counting the injured Frazer McLaren and the suspended David Clarkson. But Carlyle made it clear that he will dress 12 forwards and six defencemen for the season opener.

That likely means McLaren will be placed on long-term injured reserve with a broken right pinky finger that has him "still a ways away," according to Carlyle, and that Troy Bodie will be called up to take the spot Clarkson filled during Monday's practice.

Ashton's spot isn't in question.

"I think the guy's earned the opportunity. It's pretty simple," Carlyle said. "I don't think there's any sugar-coating or fluff involved with it: The guy's come out, worked hard, played the game at a pace that he's separated himself in our eyes with his work ethic and his commitment to being on the forecheck." THE CANADIAN PRESS

Who's No. 1?

If coach Randy Carlyle had already told James Reimer and Jonathan Bernier who was getting the opening night nod on Monday, the pair of goalies weren't letting on.

- Reimer's pre-season save percentage was .923 to Bernier's .891, but Bernier is the prized off-season acquisition and grew up outside of Montreal.

Raps' Lowry hopes it's only highs from here

Kyle Lowry at Raptors media day on Monday. TORSTAR NEWS SERVICE

It hit him sometime this summer, when he was finally healthy and relaxed and away from the grind of a disastrous NBA season.

Kyle Lowry came to understand just how bad his first season with the Raptors was, how he might have let down his teammates, his coaches and himself and he's going into this season promising better things.

"It was a disappointment in general, in everything," the veteran point guard said of his first season in Toronto. "My play, my body, just everything. It was just a bad year for me.

"I'm lucky enough to have the opportunity to play one more year here and to make amends for a lot of things. I felt I could have helped the team do a lot better."

Lowry's season was rough from start to finish. He got banged up in training camp and that set him back; he got out of shape and never got truly fit; he was trying to figure out a new coach and it didn't work.

It was at times abysmal, at times frustrating to teammates and left coaches scratching their heads.

"We're fine," he said of his relationship with head coach Dwane Casey. "He's coach, I'm player and that's it. I listen to coach and that's how everything is going to work. There's no carryover, there's no animosity, there's no problems."

TORSTAR NEWS SERVICE

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4 SPORTS

Leafs still must dig out from under collapse

THE HOCKEY NEWS
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The Toronto Maple Leafs enter the 2013-14 season in a strange position: On the one hand, they're coming off a fifth-place finish in the Eastern Conference and enjoyed a decent first-round playoff experience. But many want to focus on the downside: Their astonishing collapse against Boston in the final half-period of Game 7 of the first round and a slew of off-season acquisitions that did not make hockey's advanced statistics community very happy.

James Reimer, left, and Jonathan Bernier will audition each night until the Leafs' No. 1 goalie job is secured. RICK MADONIK/TORSTAR NEWS SERVICE

So, gone are Mikhail Grabovski, Clarke MacArthur, Matt Frattin and Mike Komisarek; arriving are goalie Jonathan Bernier, winger David Clarkson, centre Dave Bolland and defenceman Paul Ranger. The moves have basically erased any salary-cap space the Leafs have and make them a more rugged team to play against, but there are at least as many questions with this squad as there are answers.

Such as: Will Bernier push incumbent starter James Reimer to new heights, or could we see both goalies struggle as they try to make the No. 1 job theirs? Is Tyler Bozak — whom Toronto re-signed this summer, ostensibly at the expense of Grabovski, whose contract was bought out — a top-line centre? Do they have any sort of depth at forward?

And can a defence corps that was decidedly mediocre (their 2.67 goals-against average was 17th overall last year) help out more now that: (a) Ranger has made his NHL return after three seasons out of the league; and (b) Carl Gunnarsson is completely healthy?

Of course, the season will have to play out to answer those questions. However, most hockey people I've spoken with believe the Leafs will have a tough time overtaking the Bruins, Senators and Red Wings in the newly rejigged Atlantic Division and will likely battle Montreal and Philadelphia for one of the final playoff spots in the East. If that happens, no one will be surprised.

If it all goes pear-shaped, however, there will be more than a few people ready to say "we told you so."

Many Leafs fans won't be satisfied until the Buds can put aside last season's collapse

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in Boston with a playoff series victory. JARED WICKERHAM/GETTY IMAGES

Three Leafs to watch

Joffrey Lupul

It's always about good health for Lupul, who played just 16 games last season due to a fractured forearm. He isn't the captain, but there isn't a stronger, steadier veteran voice in Toronto's dressing room. If he's around all year, the Leafs have a much better shot at the playoffs.

Dion Phaneuf

The captain is entering the final year of his contract and until he either re-signs or moves on, Phaneuf will be the subject of increasing speculation. Is this really a $6.5-million (or more)-per-season blue-liner? Some don't think so, but the free-agent market always overpays players. Good luck, Dave Nonis.

James van Riemsdyk

The 24-year-old didn't get enough credit for his 2012-13 season, in which he amassed 18 goals and 32 points. If he can maintain that pace, he'll have his first 30-goal NHL campaign and will establish himself as one of the league's top young wingers. I like his chances.

Pressure's on. Leafs looking to avoid 'buzzkill'

For the Maple Leafs in this 2013-14 NHL season, there are only two directions they can go: forward or reverse.

They believe they have what it takes to build off last year's first-round playoff appearance and go deeper. Fans believe it too. Management — highlighted by parade-starved CEO Tim Leiweke — demands it.

"You have to make sure you don't get complacent," said forward James van Riemsdyk. "It's going to be hard to maintain what we've accomplished already. We have to deal with outside expectations now."

There are plenty of cautionary examples of teams that slid back after a successful season.

The Leafs only have to look at the Florida Panthers. The Panthers spent 10 seasons without making the playoffs before finally getting in — comfortably in sixth — in 2012. They pushed the eventual Eastern Conference champions — in this case the New Jersey Devils — to seven games in an opening-round thriller.

Bar raised

"The expectations have been raised for us and it's going to go a lot higher this year."
Leafs forward James van Riemsdyk

Last year, though, with young players like Jonathan Huberdeau, Erik Gudbranson and Dmitry Kulikov emerging, the Panthers — led by veterans like Stephen Weiss, Kris Versteeg and Brian Campbell — expected much more of themselves.

But injuries took their toll. It was made worse when ownership didn't pony up cash. Leafs ownership has money. But the team is pressed against the cap.

"The buzzkill," said Weiss. "A few injuries and next thing you know we're behind off the start of the season. Next thing you know, the season is over. It's a tough way to go out. That's the nature of the beast sometimes."

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New wrinkle opens new can of worms

Realignment. Travel to become easier, but post-season odds and playoff format among new complexities

The Jets and the Blackhawks are switching places, but not all is so cut and dry with the realignment of divisions.
JONATHAN DANIEL/GETTY IMAGES FILE

The Winnipeg Jets are in the Western Conference, the Detroit Red Wings and Columbus Blue Jackets are in the East and all is right with the NHL. Right?

Not quite. Realignment into four divisions — the eight-team Metropolitan and Atlantic in the East and the seven-team Central and Pacific in the West — will solve some travel problems, but also create more questions.

Uneven playoff odds between the conferences is where the debate starts. Buffalo Sabres forward Ville Leino and others have questioned whether having 16 teams for eight spots in the East is "really fair" compared to 14 teams for the same amount of playoff berths out West.

"It's going to be so many percentage points tougher for us to qualify for the playoffs, and every team on our side," Toronto Maple Leafs coach Randy Carlyle said. "(It) kind of makes you scratch your head over the course of the summer: 'Why is that happening in this side and not the other side?'"

The short answer is that teams in the Western Conference still have tougher travel than those in the East, something that could be argued as a trade-off for shorter playoff odds.

"Within your conference and your division, you're balanced against everybody else you're competing against," commissioner Gary Bettman said. "And, frankly, the addition of a team, seven versus eight, those aren't the teams that are really competing for the playoffs. It's really the top five or six teams that are doing it. I don't think it's a good idea for clubs to be using this as an excuse as to whether or not they make the playoffs."

But the balance isn't perfect. Teams play some division foes five times and others four times, and three games against conference rivals outside the division make for some uneven scheduling. For example, the Jets host the Kings twice and travel to Los Angeles once, while the Minnesota Wild have to play twice at Staples Center and get the Kings at home once.

One thing that is uniform is that every team will see every other team at least once at home and on the road. Players gave that change rave reviews.

"I think it's great for the fans, they get to see all the players," Edmonton Oilers forward Jordan Eberle said. "Maybe the Sidney Crosbys, the (Alex) Ovechkins, who were only there once every two years, now they get to see them every year."

THE CANADIAN PRESS

Playoff structure

The new playoff format puts a heavier emphasis on division play.

- The top three teams from each make the playoffs, plus two wild cards from each conference.
- Then, the playoffs happen within the divisions until four champions are crowned and move on to the conference finals. Of course, it's possible that the Montreal Canadiens come out of the Metropolitan Division playoffs or the Vancouver Canucks out of the Central if they qualify as wild cards.

Rule changes. NHLPA OKs hybrid icing for new season

Hybrid icing will be in effect for the start of the 2013-14 NHL regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season. The goal is to prevent serious injuries, like the one that sidelined Carolina Hurricanes defenceman Joni Pitkanen for the entire season.

Pitkanen broke his left heel in eight places on an icing in April. It's a similar injury to the one suffered by former Washington Capitals forward Pat Peake, whose career ended not too long after.

"I think it's good. It kind of brings the race a little bit further away from the end boards," Maple Leafs winger James van Riemsdyk said. "Once they do blow it or decide what to do with it, it gives you more time to react." THE CANADIAN PRESS

NHL. Bettman, Fehr back to business as usual

Gary Bettman doesn't want to focus on last season's NHL lockout.

More than a year removed from the start of the work stoppage, the commissioner isn't looking back.

"We tend to be forward looking," Bettman said. "What you have to do is tackle the issues, make good, informed decisions, hopefully, and then look forward and move on."

But NHLPA head Donald Fehr certainly hasn't forgotten about what he and the players went through.

Gary Bettman
GETTY IMAGES FILE

"I feel like I'm just as busy, although that can't be true," Fehr said. "When you are facing what was by this time last year the certainty of a very long lockout and an ugly situation, obviously it's great not to have to live through that again." THE CANADIAN PRESS

Atlantic Division predictions

1. Boston Bruins

Last season: 28-14-6, 62 points, fourth seed in East, lost in Stanley Cup final to Chicago.
How they make the playoffs: Steady as Zdeno Chara and Tuukka Rask go. Claude Julien's team keeps chemistry even while adding Loui Eriksson and Jarome Iginla.
How they miss: Injuries that took their toll in the cup final pile up.

2. Ottawa Senators

Last season: 25-17-7, 56 points, seventh seed in East, lost in conference semifinals to Pittsburgh.
How they make the playoffs: Bobby Ryan makes up for Daniel Alfredsson's departure, and centre Jason Spezza and defenceman Erik Karlsson stay healthy.
How they miss: It's not as much about Alfredsson as injuries, which were the reason the Sens almost missed the playoffs last season.

3. Detroit Red Wings

Last season: 24-16-8, 56 points, seventh seed in West, lost in conference semifinals to Chicago.
How they make the playoffs: Pavel Datsyuk and Henrik Zetterberg beat up on the East and show that Alfredsson was right to think the Red Wings are better than the Senators.
How they miss: Stars age fast, unable to keep up with the physicality of the division.

4. Montreal Canadiens

Last season: 29-14-5, 63 points, second seed in East, lost in conference quarter-finals to Ottawa.
How they make the playoffs: Size really doesn't matter, as the Habs use their speed to remain a productive offensive team. P.K. Subban is a contender for the Norris trophy again.
How they miss: Carey Price plays like the goaltender who finished last season.

5. Toronto Maple Leafs

Last season: 26-17-5, 57 points, fifth seed in East, lost in conference quarter-finals to Boston.
How they make the playoffs: The goaltending is stellar, whether it's James Reimer or Jonathan Bernier stealing the job or the two splitting the starts. Phil Kessel scores 40 goals.
How they miss: Giving big money to David Clarkson and Tyler Bozak turns out to be a disaster.

6. Tampa Bay Lightning

Last season: 18-26-4, 40 points, 14th in East, missed playoffs by 15 points.
How they make the playoffs: Steven Stamkos is once again magical and the young players show they're ready to fill full-time NHL roles.
How they miss: Goaltending still isn't right with Ben Bishop and Anders Lindback.

7. Florida Panthers

Last season: 15-27-6, 36 points, 15th in East, missed playoffs by 19 points.
How they make the playoffs: Tim Thomas shows Conn Smythe Trophy form all season, stealing countless games for the Panthers.
How they miss: Thomas and young goalie Jacob Markstrom struggle, making the future in net one of the biggest roster questions facing GM Dale Tallon.

8. Buffalo Sabres

Last season: 21-21-6, 48 points, 12th in East, missed playoffs by seven points
How they make the playoffs: Ryan Miller and Jhonas Enroth combine to be one of the best goaltending tandems in the league, and young players like Zemgus Girgensons and Mikhail Grigorenko shine.
How they miss: Cody Hodgson can't handle the pressure of a new contract, and Ville Leino can't stay healthy.

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Horoscopes

♈ Aries
March 21 - April 20
You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

♉ Taurus
April 21 - May 21
With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

♊ Gemini
May 22 - June 21
There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

♋ Cancer
June 22 - July 23
This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

♌ Leo
July 24 - Aug. 23
If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

♍ Virgo
Aug. 24 - Sept. 23
You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

♎ Libra
Sept. 24 - Oct. 23
You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

♏ Scorpio
Oct. 24 - Nov. 22
The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

♐ Sagittarius
Nov. 23 - Dec. 21
Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

♑ Capricorn
Dec. 22 - Jan. 20
You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

♒ Aquarius
Jan. 21 - Feb. 19
Someone important is looking at you and and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

♓ Pisces
Feb. 20 - March 20
Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person.

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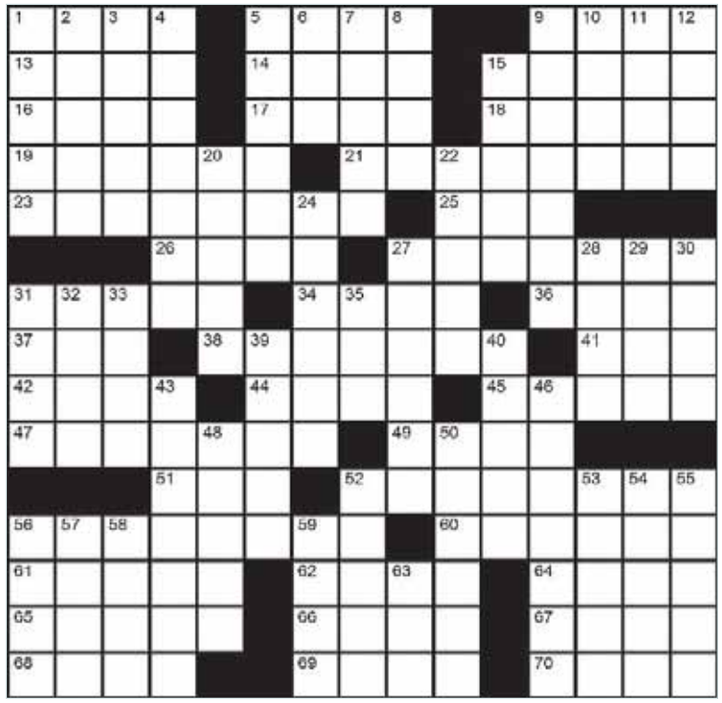
Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

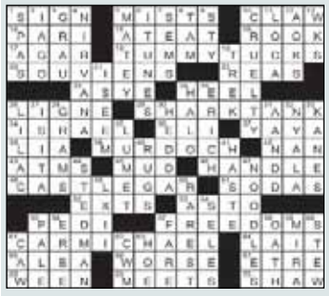
BY KELLY ANN BUCHANAN



Across
1. Shortened sandwiches
5. Ticket tidbit
9. Thickening gum
13. Handled easily, as a ship
14. Hair hues, sometimes
15. Health: French
16. Nameless [abbr.]
17. Joke reaction
18. Gladiator's 2003
19. Edmonton-born hockey star Jarome
21. Reigning without losses
23. __ In Motion (BlackBerry, once)
25. Vodka, e.g.
26. Waiter's prop
27. Nigel of TV talent
31. The Divine Comedy writer
34. Actor, Scott __
36. Garner
37. 'Advert' suffix
38. Get supplies: 2 wds.
41. "The Hunt for __ October" (1990)
42. Saturate
44. "The '__ 'e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
45. Chasm
47. Popular sport
49. Unaccompanied
51. UK record label
52. New Brunswick attraction, __ Rocks
56. Luxury 'house' of France
60. The Merchant of Venice character
61. __ acid
62. Dog, with Lhasa
64. Composer Mr. Berlin, et al.
65. Badger
66. Soaks flax
67. Night: French
68. Classic record label
69. Sister on "Charmed"
70. Mil. titles

Down
1. Way to travel: 2 wds.
2. Actress Jessica
3. Three: French
4. Mack __ (Canadian filmmaker known for his Keystone Kops movies)
5. Big desert
6. Travel screening gr.
7. "Yup."
8. "Touched __ Angel": 2 wds.
9. Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand __
10. Portion
11. End in __ (Draw): 2 wds.
12. Harness
15. Extract metal from ore
20. Guardians in ancient Rome
22. CCR's "Born on the __"
24. Robotically-enhanced Sci-Fi human
27. "It's done this way...": 2 wds.
28. Jackson 5 hometown in Indiana
29. Mining discoveries
30. Breaks off
31. 'D' of CD, variantly
32. Not worth _ __ (Without value)
33. Close
35. House-coolers in windows, briefly
39. Music chord type
40. Archaeology-style of prefix
43. Tissues brand
46. Canadian retailer, established in 1811 in Newfoundland
48. 1986 Tony-winning Best Play, __ Rappaport: 2 wds.
50. Fight
52. Overly active
53. "The _! __ Hollywood Story"
54. "__' on a Prayer" by Bon Jovi
55. Holds up
56. Schmoozes
57. "How _ __ Your Mother"
58. Traveller's documentation
59. Large instrument
63. Alphabetic trio

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	7	3	8	6	1	4	9	2
6	9	4	7	2	3	8	1	5
2	8	1	5	4	9	7	3	6
7	3	5	4	1	6	9	2	8
8	1	6	9	7	2	5	4	3
4	2	9	3	5	8	1	6	7
9	4	8	6	3	7	2	5	1
3	5	2	1	8	4	6	7	9
1	6	7	2	9	5	3	8	4

7			3		8			
1	8						3	4
	9			6		7		
	4		8	7				6
		7				2		
2				5	9		4	
		8		4			7	
6	5						9	3
			9		6			2

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23°/13°
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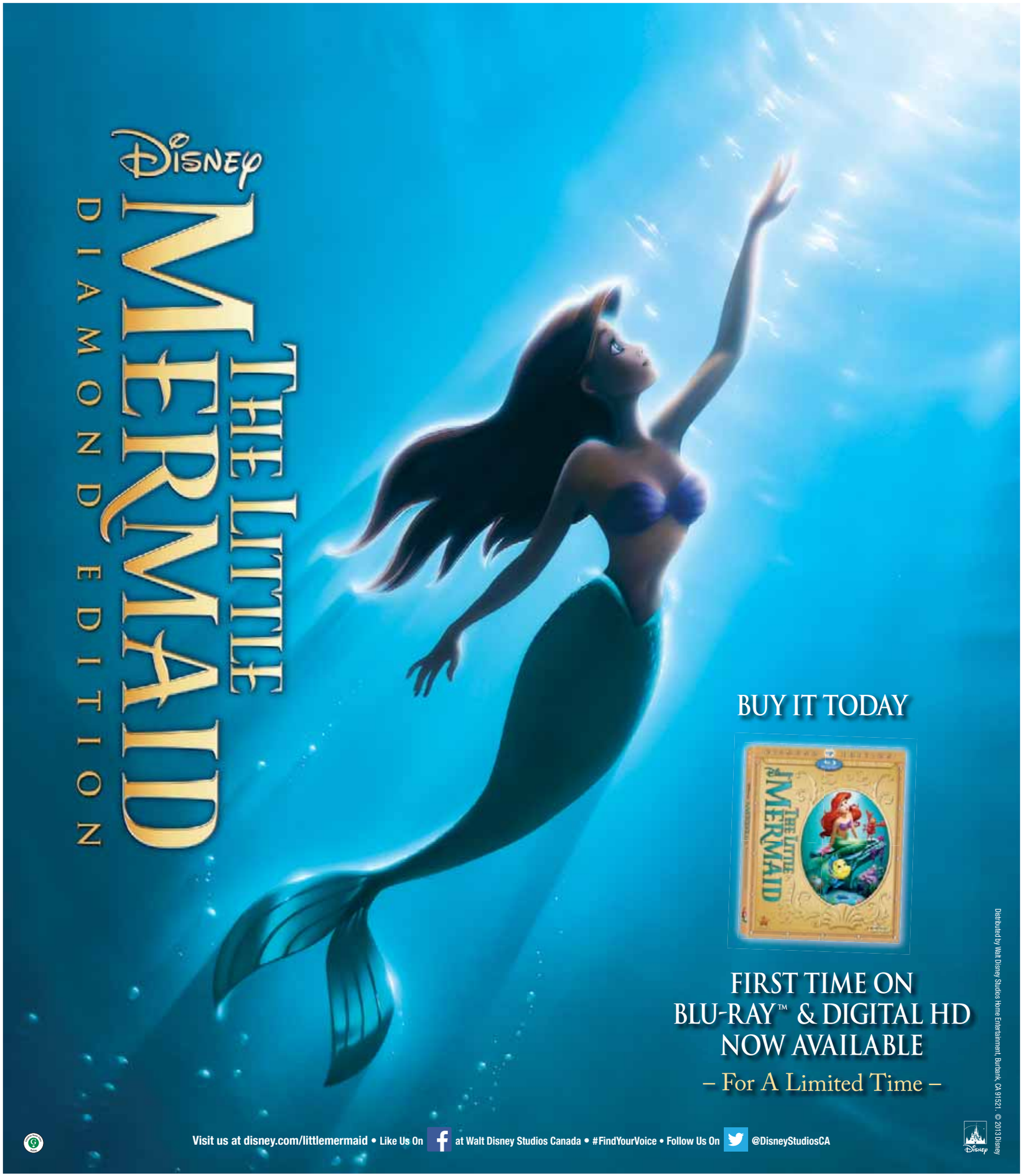
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